



Food For Thought Recipe and Allergen Card

Bechamel Sauce

100 Portions

Ingredient	Hannah Product Code	Quantity
Plain flour	D200205	1kg
Margarine	C00261	1kg
Milk		10ltr
Onion		1

RECIPE METHOD – ALLERGENS

1. In a heavy bottomed pan with a low heat pour in the **milk** and one peeled, halved onion and very slowly (as not to burn the bottom) heat the milk until it is just about to start to simmer
2. In a SEPARATE heavy bottomed pan, melt the **margarine** taking care not to over-heat it
3. Add the **flour** all in one go and stir very well with a wooden spoon, and cook for 3 minutes stirring regularly (this cooks the flour, and is called a ROUX)
4. Remove the onion from the hot milk
5. Stirring constantly, add the hot milk ONE ladle at a time until blended with the ROUX
6. Using a whisk, mix well to ensure a smooth thickened sauce is achieved

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...