

Non Dairy Bechamel Sauce

Bechamel sauce is one of the 5 mother sauces that all cuisine is based off. It is a white sauce that you build on for wine sauces, lemon sauces, herbed, Italian white pasta sauces. This recipe utilizes Soy milk and I add extra herbs and garlic so it is that much faster to turn into cream soups, champagne, wine or citrus infused sauces for poultry or fish and of course pastas. I hope you enjoy. Below is the recipe. Happy birthday Morgan, I love you!

Aunt Hayley

PS, I did use a fraction of butter to stabilize the sauce on reheat but most of the fat is derived from Olive oil.

Ingredients

2 Tablespoons unsalted Butter

3 Tablespoons Olive Oil

5 Tablespoon Flour

1 Quart Soy Milk, unflavored

1 Tablespoon Garlic, Minced or crushed

3 Tablespoons Dried Parsley

1 Tablespoon Dried Basil

1 tsp. Dried Tarragon

1 tsp Dried Thyme

½ tsp. Nutmeg

½ tsp. Celery Salt

¼ tsp. pepper

½ Tsp Salt

Directions

Over Medium heat melt butter and olive oil, add flour mixing to smooth. Cook to get the starch taste out and to give color and flavor. This is called blonde roux and you are looking for a golden wheat color. This should take about 5-6 minutes to achieve. Add room temperature milk and using a wand whip constantly whip or move the sauce to prevent scalding. Bring to a boil to thicken the sauce. While whisking keep cooking at this level for at least 10 minutes; the sauce will thicken. Add garlic and herbs followed by salt and pepper.

Cool and put in small containers to freeze. This is now the base sauce for many items. Anything that called for condensed soup substitute this recipe and you will be dairy free but still enjoy creamy dishes.

Recipe by "Help from Hayley"