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Béchamel

Ingredients

½ each	Yellow Onion – Peeled and Diced
8 ounces	Whole Milk
1 ounce	All Purpose Flour
2 tablespoon	Butter

Directions

- 1 Heat the butter in a sauce pot on medium heat
- 2 Add the onions and sauté on medium heat until the onions are translucent
- 3 Add the flour and mix with the butter to create a roux. Continue stirring slowly for another five minutes
- 4 Add the milk
- 5 Stir every five minutes until the flour has completely dissolved and the milk begins to thicken, usually takes 10-15 minutes
- 6 Do not concern yourself with seasoning this sauce, it is only your base sauce used to create other sauces
- 7 Strain out the onions and cool the sauce in your refrigerator immediately
- 8 Reserve until needed

NOTES

Chipotle Honey Dressing

Ingredients

1 small can	Chipotle peppers
¼ cup	Balsamic vinegar
1 teaspoon	Dijon mustard
¼ cup	Honey
½ cup	Extra virgin olive oil
½ tablespoon	Salt and pepper

Directions

- 1 Separate the chipotle peppers and adobo sauce from the can, reserve peppers as needed
- 2 Add adobo sauce and all ingredients into a stainless steel bowl and whisk thoroughly
- 3 Season with salt, pepper, and chopped chipotle peppers

Serving Suggestions: Grilled chicken, seared steak, vegetable dipping sauce

NOTES

Poblano Cream

Ingredients

2 cups	Béchamel – page(9)
2 each	Poblano peppers
½ each	Yellow onion – peeled and diced
1 tablespoon	Garlic
½ each	Green bell pepper
1 cup	Heavy cream
1 bunch	Cilantro
To taste	Salt and pepper

Directions

- 1 Preheat your oven to 375 degrees, roast poblano peppers, yellow onion, garlic, and green bell pepper until the poblano peppers is dark on all sides
- 2 Cool the poblano pepper in refrigerator
- 3 While poblano peppers are cooling heat the béchamel and heavy cream in a sauce pot over medium heat
- 4 Peel the poblano peppers and remove the seeds, dice the poblano
- 5 Add poblano, onions, garlic, green bell pepper, cilantro, to the sauce pot and bring to a simmer
- 6 Puree sauce with a food processor or hand blender
- 7 Strain the sauce and season with salt and pepper as needed

Serving Suggestions: Southwest seasoned roasted chicken breast

NOTES

Four Cheese Alfredo

Ingredients

- 2 cups Béchamel – page(9)
- ½ cup Heavy cream
- 2 ounces Parmesan cheese - grated
- 2 ounces Provolone – grated or shredded
- 2 ounces Mozzarella – grated or shredded
- 2 ounces Romano – grated or shredded
- To taste Salt and pepper

Directions

- 1 Combine béchamel and heavy cream in a sauce pot and heat over medium-high heat
- 2 Fold in parmesan, provolone, mozzarella, and romano cheese until completely melted
- 3 Season with salt and pepper

Serving Suggestions: Fettuccini pasta with fresh chopped vegetables

NOTES

Creole Dijon

Ingredients

- ½ cup Cider vinegar
- 1 teaspoon Tabasco sauce
- 1 cup Dijon mustard
- 1 teaspoon Garlic powder
- 1 teaspoon Black pepper
- 1 teaspoon Red pepper flakes
- 1 teaspoon Thyme – chopped
- 1 teaspoon Oregano - chopped

Dressing

- 1 Combine all ingredients in a stainless steel bowl and mix thoroughly

Serving Suggestions: Fried catfish on a hoagie roll

NOTES

Chocolate Almond Butter

Ingredients

- | | |
|--------------|---------------------|
| 1 ounce | Semisweet chocolate |
| 1 teaspoon | Sugar |
| 1 tablespoon | Amaretto liqueur |
| 3/4 cup | Butter |
| 1/4 cup | Blanched almonds |

Directions

- 1 Preheat oven to 375 degrees and toast almonds for no more than 10 minutes until they are lightly browned
- 2 Set up a double boiler by heating water in a sauce pot over high heat until it comes to a boil
- 3 Place a stainless steel bowl over the boiling water and add the chocolate, sugar, and amaretto constantly stirring until chocolate completely melts. Remove from double boiler and cool mixture to room temperature
- 4 In a separate bowl use a cake mixer to cream together the butter, chocolate mixture, and almonds. Let the butter stand, covered, in a cool place for 1 hour to allow flavors to blend. Refrigerate unused portions

Serving Suggestions: Scones, croissants

NOTES