



Rosée Béchamel Sauce

Ingredients

PASTA

- 300 g pasta (fettucine)

PEPPERS

- 2 red bell peppers, diced
- A drizzle of vegetable oil
- Salt and pepper, to taste

ROSÉE BÉCHAMEL SAUCE

- 3 tbsp (45 ml) de butter
- ½ onion, chopped
- 1 garlic clove, chopped
- 1 tsp (5 ml) smoked paprika
- 3 tbsp (45 ml) all-purpose flour, unbleached
- 2 cups (500 ml) milk
- 1 cup (250 ml) canned crushed tomatoes
- ½ cup (125 ml or 40 g) grated parmesan cheese

YOU WILL NEED:

- large pot and lid
- strainer
- baking sheet
- parchment paper
- cutting boards
- knives
- set of measuring spoons
- set of measuring cups
- small and medium saucepans
- wooden spoon
- whisk

Preparation

PASTA

- 1 Fill a large pot with salted water and bring to a boil.
- 2 Add pasta and cook uncovered, stirring occasionally. Cooking time varies depending on the type of pasta; taste after a few minutes to check the cooking.
- 3 Drain with a strainer. **DO NOT RINSE THE PASTA!** If you are not ready to serve, pour a dash of oil on top and stir; this will prevent them from sticking.

PEPPER

- 4 Preheat the oven to 400°F.
- 5 Line a baking sheet with parchment paper.
- 6 Place the diced bell peppers on baking sheet, drizzle with oil and season.
- 7 Bake in the oven for 15 to 20 minutes, until bell peppers are roasted.

ROSÉE BÉCHAMEL SAUCE

- 8 In a saucepan, melt the butter over medium heat.
- 9 Add onion and sweat for 5 minutes.
- 10 Add garlic and smoked paprika and cook for 2 minutes.
- 11 Add flour, stir well and cook for 1 minute.
- 12 Gently pour in milk, stirring vigorously with a whisk, and bring to a boil.
- 13 Reduce heat and simmer for 3 minutes, stirring constantly to prevent sauce from sticking.
- 14 Add crushed tomatoes and simmer over medium heat for 5 minutes.
- 15 Add cooked peppers to the rosée sauce and adjust seasoning

ASSEMBLING

- 16 Mix pasta with the sauce and serve with parmesan cheese.



CHEF'S TIP: Heating the milk for the bechamel sauce (without boiling) before adding it to the roux saves time and minimizes the risk of lumps forming!

DIETITIAN'S TIP: Add Nordic shrimp and more grilled vegetables or serve your dish with a mixed salad with legumes to make a complete meal.