

BECHAMEL SAUCE

Contributed by
Sunday, 04 May 2008

4 Tbsp. ghee or grapeseed oil

1 small yellow onion, finely chopped

1 clove garlic, minced

6 Tbsp. whole wheat or brown rice flour

Optional splash of white wine or lemon

1 cup Original Rice Dream

½ cup water or vegetable stock

Pinch dried dill

½ tsp. sea salt

Pinch white pepper

In a heavy saucepan, over a low flame, saute onions and garlic in ghee or oil until soft and translucent. Sprinkle in flour and stir frequently for 5 minutes. Slowly add Rice Dream, water/stock and seasonings. Whisk until well blended. Increase heat and allow the mixture to come briefly to a boil. Reduce heat to low and simmer for 5 minutes, stirring often. Taste, adjust seasonings and/or sauce thickness by adding more water or flour in small increments.

5. Serve immediately or allow to cool and refrigerate for later use. Yield: 2 cups.

Variations: For a different texture, add a small amount of chopped chives, scallions, roasted peppers, 1 Tbsp. of capers or a touch of toasted sesame oil.