

# CURRIED BÉCHAMEL WITH VEGETABLES & PENNE



*Yields:*

25 (6 oz) portions

## INGREDIENTS

### Curried Béchamel Sauce

1 lb	Butter	454 g
1 lb/3 cup	All-Purpose Flour	750 ml
5 qt/3 cups	Milk	5.75 L
1 tbsp + 2 tsp	Curry Powder	25 ml
2 1/2 tsp	Garam Masala	12.5 ml
1/4 tsp	Tumeric	1 ml
1 tsp	Cumin Seeds, ground	5 ml (add half if using Gouda with cumin)
1 tsp	Garlic Powder	5 ml
1 tsp	Fennel Seeds, ground	5 ml
1	Bay Leaf	1
1 tsp	Thyme Leaves	5 ml
1/4 tsp	Nutmeg	1 ml
3/4 - 1 tsp	Cayenne Pepper or Tobasco Sauce	to taste
1 tbsp	Black Pepper	15 ml (to taste)
2	Medium Onions, small dice	2
6	Garlic Cloves, minced	6
2-3	Jalapeno Peppers, seeded & minced	2-3
2 in	Ginger, peeled and grated	5 cm
6	Large Red & Yellow Peppers, small dice	6
4 cup	Cauliflower Florets, sliced (1 small cauliflower)	1 L
4-5 tsp	Lemon Juice	20-25 ml
1/2 cup	Plain Yogurt	125 ml
2 lb	Cumin Seed Gouda Cheese, grated	1 kg
1/3 cup	Cilantro Leaves, chopped	85 ml

**Pasta**  
3 lb

Whole Wheat Penne

1.5 kg

### **Topping**

Chopped roasted peanuts, sliced green onion and/or cilantro, and/or Cumin Seed Gouda(optional)

## **DIRECTIONS**

1. Cook pasta al dente in salted boiling water with oil. Drain and rinse with cold water.
2. Melt butter in a heavy sauce pot over low heat. Add the flour and make a white roux. Add curry powder, garam masala, turmeric, ground cumin seeds (add less cumin if adding a cheese with cumin seeds) and ground fennel seeds. Cook for about one minute or until fragrant. Cool roux slightly.
3. Meanwhile in a double boiler, scald milk. Gradually add hot milk to the roux using an 8 oz ladle, stirring between each addition until the mixture is smooth.
4. Return to heat and bring the sauce to a boil, stirring constantly. Reduce heat to a simmer.
5. Add the bay leaf. And thyme. Simmer 15-20 minutes, stirring occasionally until the starch is cooked.
6. Adjust consistency with more hot milk, if necessary. If sauce is too thick, thin to desired consistency.
7. Add salt, nutmeg, cayenne pepper and black pepper.
8. Add lemon juice and yogurt. Heat to a simmer.
9. Add grated Cumin Seed Gouda Cheese, cook over low heat until the cheese is melted.
10. In another saucepan sauté the onions, jalapeno peppers, ginger, red and green peppers and cauliflower in a small amount of butter. Add sautéed vegetables to the hot Béchamel Sauce.
11. Stir in chopped cilantro leaves.
12. Taste and adjust seasonings.
13. Combine the sauce with the cooked, well drained pasta.
14. Portion using a 6 oz ladle into ramekins, place on baking sheets and top with chopped peanuts and grated Cumin Seed Gouda (optional). Bake until hot, 10-15 minutes at 350F / 180C.
15. Garnish with finely sliced green onions and / or chopped cilantro
16. Serve with Mixed Green Salad.

Substitute chickpea flour or besan flour. This flour has a nutty flavor and is used as a thickener in curries, as well as in batters, dumplings, sweets and breads.

Substitute milk with coconut milk.



### **CHEF'S TIPS**

\*1-2 tbs / 15-30ml Minors chicken soup base added when adjusting seasoning instead of salt