



Pasta, Sauce and Salad

Sauce Béchamel/ Sauce Mornay:

- 1 ¼ C milk
- ¼ onion
- Bay leaf
- 2 Tbsp butter
- 2 Tbsp flour
- ¼ C cheese (Mornay)

Combine milk, onion, and bay leaf and simmer gently to flavor milk. In another pan, melt butter, and whisk in flour for two minutes, careful not to burn. Slowly whisk in milk, and bring to a simmer. Remove the onion and bay leaf before serving. To create sauce Mornay, add ¼ c of your favorite cheese to the sauce.

Baked pasta with beef Ragù:

- 1 pound tube shaped pasta
- 3 tablespoons olive oil
- One yellow onion, minced
- Two garlic cloves, minced
- 1 1/2 pounds ground beef, Chuck
- 1/2 cup flat leaf
- 1 tablespoon oregano
- Parsley
- 2 pounds of roasted tomatoes or canned tomato sauce
- 1 cup heavy cream
- Salt and pepper to taste
- 1/2 pound whole milk mozzarella cheese, shredded
- 1 cup grated Parmesan cheese.

Bring a large pot of salted water to a good boil and drop in the pasta. Boil the pasta for about 15 minutes, until tender, drain and toss with olive oil. In the same large pot, heat 2 tablespoons of the all of oil and then add the minced onion. Cook, while stirring until soft, for about 10 minutes. Add the beef and cook, breaking up with a wooden spoon until no pink remains. Drain off any fat and then add the parsley, tomatoes, and oregano, simmer for about 20 minutes. Stir in the cream and season with salt and pepper. Add your cooked pasta, and stir to coat well.

Salad dressings

Herb vinaigrette

2 tablespoons white wine vinegar
3/4 cup all olive oil
2 teaspoons Dijon mustard
2 teaspoons freshly chopped herbs basil thyme or parsley
Put all ingredients into cover jar and shake to combine

French dressing

2 tablespoons apple cider vinegar
2 tablespoons honey
1/4 cup organic ketchup
1 teaspoon Dijon mustard
1/2 cup olive oil
One small garlic clove, mashed
Stir everything together well to make sure the honey is dissolved. Taste and serve

Creamy avocado

One ripe avocado
One mash garlic clove
1 3/4 cup buttermilk
1/4 cup olive oil
Juice of one lime
Salt and pepper to taste
Blend all ingredients together in a blender

