

The Béchamel

Ingredients:

1. 3tbs Corn/Canola oil
2. 3tbs white flower
3. A pinch of salt
4. Curry Powder to taste
5. A pinch of black/cayenne pepper to taste
6. 2cups milk 3.25 or 2%
7. 1cup half-&-half

Instructions:

- A. In a saucepan and on medium to high heat mix items 1 through 5 and stir for a couple of minutes
 - B. In slow increments add the milk then $\frac{1}{2}$ & $\frac{1}{2}$ while you continue to stir until it comes to light boil, making sure it is not clumpy
- Let simmer on low heat for a few minutes

The Fish

Ingredients:

1. Salmon Fillets
2. Salt, black pepper to taste
3. Cooking oil
4. The Béchamel

Instructions:

- A. Oil an oven pan
- B. Cut the salmon into portion and set in the pan
- C. Add salt and pepper
- D. Cook at 380-400F for 8-10 min
- E. Add béchamel on top
- F. Cook for another 10-12min until golden crusted with a few dark spots on the surface

Serve on a bed of white or saffron rice

For a twist, add freshly shopped asparagus before adding the béchamel