



# ONION & GARLIC BECHAMEL

## Ingredients

- 1 Onion
- 2 Garlic Cloves
- 30g Butter
- 20g Flour 220ml milk
- 35g Mature Cheddar Cheese
- 2 Tsp Oil
- Salt & Pepper

## Prep Time

- Prep: 7.5 minutes
- Cooking: 7.5 minutes
- Total 15 minutes

## Preparation- Makes 500-600mls

1. Begin by heating the oil in a pan and add the onions and garlic. Fry them on a low heat until the onion is tender and the garlic begins to turn golden.
2. Melt the butter in a pot. As the butter melts add the cooked onions and garlic.
3. Once the butter is completely melted add the flour and whisk until combined well.
4. Keep stirring and cooking the butter and flour together for 1/2 minutes.
5. Now add the milk and whisk well. As the sauce thickens add the grated cheese.
6. Once the cheese has melted season the sauce with salt and freshly cracked black pepper to taste.
7. Voila! All done!

You can store this in a jar in the fridge for up to 2 days or freeze for up to 1 month!