

**Béchamel sauce** Béchamel sauce, also known as white sauce, is made from a white roux (butter and flour) and milk. It has been considered, since the seventeenth century, one of the mother sauces of French cuisine. (cf. [https://en.wikipedia.org/wiki/B%C3%A9chamel\\_sauce](https://en.wikipedia.org/wiki/B%C3%A9chamel_sauce))

**Lasagne** Lasagne (singular lasagna) are a type of wide, flat pasta, possibly one of the oldest types of pasta. Lasagne, or the singular lasagna, commonly refers to an Italian cuisine dish made with stacked layers of this flat pasta alternated with sauces and ingredients such as meats, tomato sauce and other vegetables, cheese (which may include ricotta and parmesan), and seasonings and spices such as garlic, oregano and basil. (cf. <https://en.wikipedia.org/wiki/Lasagne>)