Béchamel Sauce

Description

Béchamel Sauce is one of the five "mother sauces" in French cooking. This white sauce is part of every French cooks arsenal of basic sauces.

Summary

Yield: 1
Prep Time: 20 minutes
Category: Sauces
Cuisine: French
Tags: basic french sauce, white sauce

Ingredients

- 1/4 cup all-purpous flour
- 3 tbsps unsalted butter
- 2 cups warm milk
- 1/2 tsp salt
- 1/8 tsp ground black pepper
- 1 pinch grated nutmeg

Instructions

Melt the butter in a saucepan over medium heat. Add the flour and whisk slowly until the mixture is smooth. Continue to cook until the mixture turns a light, golden color, no more than about 5 to 6 minutes.

Whisking constantly, add the milk gradually utnil the mixture comes to a boil and the sauce is smooth. Continue to cook for no more than 10 minutes, stiring continuously.

Remove from heat. Add the salt, pepper and nutmeg and stir to blend seasonings. Set aside until ready to use.

Yields 1 1/2 cups.

Notes

Béchamel Sauce sauce goes well over pasta, fish, vegetables, new potatoes, and can be the base of many white sauce variations by adding herbs such as garlic, chives, parsley, etc.