

Béchamel Sauce

One of the Basic "Mother" Sauces

You Will Need:

- A small Saucepan
- A Whisk
- 4 tbsp. Unsalted Butter, 1/2 stick
- 1/4 cup A/P Flour
- 2 cups warm Whole Milk
- 1 Bay Leaf
- 1/8 tsp Ground Nutmeg
- 1/2 tsp. Kosher Salt
- ground White Pepper

Directions:

Melt the butter over medium heat in a small saucepan, until foaming...do not let brown. Reduce heat to low, add flour and whisk until smooth and the "raw" taste is gone, about 1 minute. Gradually, whisk in milk. Add bay leaf & cook until just thickened, stirring often, about 10 minutes. Add nutmeg & salt.

Season with ground white pepper. Cool sauce slightly.

Discard bay leaf before using.

*****This sauce is one of the basics of French cooking. It's found in pasta dishes and also used in creamed vegetable dishes.**

Makes 2 cups