

Recipe: Béchamel sauce

Béchamel sauce is the basic white sauce used for making many other sauces as well as an accompaniment on its own. It is easy to make with a little practice and once you have these basic skills you can transform many dishes with a variety of delicious sauces.

This is a great way to use up any leftovers too, as they are a delicious way of improving an otherwise plain dish. Simply add a few other ingredients to this basic sauce and you have more delicious sauces!

Prep	20 minutes	Cooking	About 20 minutes	Serves	4
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Ingredients

- 50 gm butter
- 40 gm plain flour
- 425 ml milk
- Salt and white pepper

Method

1. Melt the butter over a medium heat.
2. Work in the flour with a wooden spoon, and when the mixture begins to froth, remove the pan from the heat.
3. Add the milk all at once, stirring steadily to avoid lumps forming.
4. When the sauce is smooth, return the pan to the heat and bring to simmering point.
5. Season with salt and pepper to taste, and continue cooking for 10 minutes. [Add a little more milk if the sauce thickens too much.]

Alternative method: warm the milk, and then, once 1 and 2 have been completed, add it little by little, stirring continually and not removing the pan from the heat.

An extra knob of butter, cut into small pieces and added individually, will give the sauce a glossy finish.

If the sauce is made in advance, press a piece of greaseproof paper down onto its surface to prevent a skin from forming.

To keep hot, stand the saucepan on a trivet, or upturned saucer, in a bain-marie