

# 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.

## 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 until the mixture comes to a boil and the sauce is smooth. Continue to cook for no more than 10 minutes, stirring continuously.



## Summary

**Yield:** 1

**Prep Time:** 20 minutes

**Category:** Sauces

**Cuisine:** French

**Tags:** basic french sauce, white sauce

## Béchamel Sauce

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 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.