



Bechamel Sauce

2.5oz butter (70g)
2.5oz flour (70g)
4 1/2 cup milk (1 liter)

Com Si Fa?

- In a saucepan, heat up milk and bring to a gentle simmer.
- In another saucepan, melt butter and immediately add flour.
- Lower heat and mix until butter has absorbed all the flour and the consistency is that of a thick dough. Make sure butter/flour mixture do not burn or brown.
- Remove from heat and whisk a couple ladles of heated milk into butter/flour mixture.
- Whisk until flour has absorbed all of the milk.
- Place saucepan back on the burner and whisk in the remainder of the milk on medium heat.
- Continue whisking until sauce thickens and becomes a creamy velvety consistency.

Per 4 persone



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