



Bechamel

Yield: About 1 cup

Ingredients

2 tablespoons butter
2 tablespoons flour
1 1/4 cups milk, warm
Salt
Freshly ground pepper
Pinch of Nutmeg

Directions

1. Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown — about 2 minutes.
2. Add the warm milk, continuing to stir as the sauce thickens. Bring it to a boil. Add salt and pepper to taste, lower the heat, and cook, stirring for 2 to 3 minutes more.
3. Remove from the heat. To cool this sauce for later use, cover it with wax paper or pour a film of milk over it to prevent a skin from forming.

Derivatives

Sausage Gravy: Add 1 tsp Ground Mustard, ¼ Cooked Breakfast sausage, Extra Pepper Optional: Red Pepper Flakes, Hot Sauce

Mornay (Cheese): ¼ cup Cheese, butter to avoid separating

Soubise: ½ cup Caramelized Onions

Mustard: 2T Whole Grain Mustard and Caramelized Onions