



Noreen's Kitchen

Basic Béchamel Sauce

White Sauce

Ingredients

1/2 cup butter
1/2 cup flour
2 cups milk

1 teaspoon onion powder
1 teaspoon garlic powder
1/4 teaspoon ground nutmeg

Step by Step Instructions

Melt butter in a heavy bottomed sauce pan over medium heat.

Add flour and stir to combine, allowing the flour and butter to cook slightly to allow the flour to lose the it's raw flavor. This will create a roux.

Slowly pour milk into the pan with the roux.

Whisk the flour and milk mixture and continue stirring until it has become smooth and thickened.

Add seasonings and stir to combine.

At this point you can decide if the sauce is the right consistency for you. If it is too thick, add a bit more milk a tablespoon at a time.

Remove from heat and serve as desired.

This is a basic white sauce. You can make any type of cheese sauce from this sauce you also use this béchamel in Lasagna Bolognese. Bechamel is one of the "mother sauces" referred to in French cooking.

Enjoy!