

BASIC WHITE SAUCE (Béchamel)

Equipment:

Measuring Spoons

Measuring Cup

1 Qt. Glass or Microwave safe plastic bowl with cover.

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Fine mesh strainer

Ingredients:

2 tbsp butter or margarine, 25ml
melted

2 tbsp all purpose flour 25 ml

1/4 tsp salt, optional 1ml

Dash of white pepper, optional

1 cup milk 250 ml

Procedure:

1. In a 4-cup (1 L) bowl, combine melted butter, flour, salt and pepper.
2. Cook at P10 1 minute or until bubbly but not brown.
3. Gradually add milk in 3 stages; stir with the whip until smooth after each stage
4. Cook at **P6** 4 - 5 minutes, or until sauce boils and is thickened.
5. Stir occasionally.
6. Strain
7. Makes: 1 1/4 cups (300 ml)

Chefs Tip – A béchamel (and the process) is a “mother” sauce, from which many others can be made;

Variations:

Cheese (Mornay) Sauce: Stir in 1/2 - 3/4 cup (125 - 175 ml)

Shredded cheese after sauce is cooked above.

Cook at **P4** 1 minute, (if necessary, to melt cheese completely.)

Velouté Sauce: Use chicken broth in place of the milk.

Cream Soup Base: Add 1 cup (250 ml) chicken

Broth, 1 cup (250 ml) puréed microwave-steamed vegetables and desired Seasonings