



Chef Arielle - Basic Bechamel Sauce

Ingredients

Makes about 1 cup

2 tablespoons butter
2 tablespoons flour
1 ¼ cups milk, heated
Salt
Freshly ground pepper



Step 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.

Add the hot 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. 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.

Cheese Sauce

Step 2

To turn your white sauce into cheese sauce, stir in ½ cup grated Cheddar cheese during the last 2 minutes of cooking, along with a pinch of cayenne pepper.

How hot should the milk be?

Step 3

Warm the milk on low heat just until little bubbles begin to form at the edges. Then remove from heat.