



Basic Bechamel Sauce



Prep	Cook	Ready In
5 m	35 m	40 m

Recipe By: MATHIEUDAIGLE

"This is a quick and easy bechamel sauce."

Ingredients

- 5 tablespoons butter
- 1/4 cup all-purpose flour
- 1 quart milk
- 2 teaspoons salt
- 1/4 teaspoon freshly grated nutmeg

Directions

- 1 Melt butter in a large saucepan over medium heat. Once melted, stir in the flour until smooth. Continue stirring as the flour cooks to a light, golden, sandy color, about 7 minutes.
- 2 Increase heat to medium-high and slowly whisk in milk until thickened by the roux. Bring to a gentle simmer, then reduce heat to medium-low and continue simmering until the flour has softened and not longer tastes gritty, 10 to 20 minutes, then season with salt and nutmeg.