

BECHAMEL SAUCE



Ingredients:

2 fl oz./ 60 ml oil or clarified butter
2oz/ 60g minced onions
1 lb/ 450g white roux
4.5 qt. / 4.25 L milk
Salt, as needed
Ground white pepper, as needed
Grated nutmeg (optional), as needed

Method:

1. Heat the oil or butter and add the onions. Saute over low to moderate heat, stirring frequently, until the onions are tender and translucent, with no color, 6 to 8 minutes.
2. Add roux to the onions and cook until the roux is very hot, about 2 minutes.
3. Add the milk to the pan gradually, whisking or stirring to work out any lumps. Bring the sauce to a full boil, then reduce the heat and simmer until the sauce is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
4. Adjust the seasoning to taste with salt, pepper, and nutmeg.
5. Strain through a double thickness of rinsed cheesecloth.
6. The sauce is ready to use now, or it may be cooled and stored for later use.

Mornay Sauce:

Combine the finished béchamel with 8oz. / 115g each of grated gruyere and Parmesan. Finish with up to 2oz. / 60g whole butter, if desired.

Cream Sauce:

Add 1pt / 480ml heated heavy cream to the finished béchamel. Simmer to a good flavor and consistency.

Cheddar Sauce:

Combine the finished béchamel with 1 lb /450g of grated sharp cheddar.

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Makes 3.5 quarts/ 3.5 liters

Source:
Chef Greg Schaub
Coach's Low Country Brands

