

Basic Bechamel (White Sauce)

- 2 T unsalted butter
- 2 T flour
- 360 ml milk
- Salt (to taste)
- Grind of white pepper (to taste)
- pinch nutmeg
- dash Worcestershire (optional)



1. In a small saucepan, melt the **butter** over **medium heat** until it starts to foam.
2. Once the butter is melted, add the **flour** to the saucepan and whisk constantly to combine. Cook the flour and butter mixture (roux) for **about 1-2 minutes**, stirring constantly. This helps to cook out the raw taste of the flour.
3. Slowly pour in the **milk** while whisking continuously to prevent lumps from forming. Keep whisking until the mixture is smooth and thickened.
4. Season the sauce with **salt, white pepper**, and a pinch of **nutmeg** (if using) and **Worcestershire** (if using). Taste and adjust the seasonings as needed.
5. Reduce the heat to **low** and let the sauce simmer gently for **a few minutes**, stirring occasionally, until it reaches your desired thickness.
Be careful not to let it boil vigorously, as this can cause the sauce to break.
6. Once the béchamel sauce has thickened to your liking, remove it from the heat and it's ready to serve. You can use it as a base for other sauces, pour it over vegetables or pasta, or use it in casseroles and gratins.