

Bechamel Sauce: Basic White Sauce

Ingredients: Makes 500ml

Margarine/Butter 35g

Plain Flour 35g

Milk 500ml

Optional Seasonings

White Pepper Pinch/adjust to taste

Mustard Powder ½ Teaspoon

Garlic

Mixed Herbs



METHOD

1. Gently melt the margarine to form a roux (thick paste)
2. Turn the heat down to minimum or remove from heat
3. Whilst beating the paste, slowly add the milk stirring continuously until all the milk is added.
4. Now turn the heat up again and bring it to the boil.
5. Once boiling reduce temperature and continue to stir until thickened.
6. Now add seasoning to taste
(It's at this point you could if wanted to make Macaroni Cheese you would add cheese)
7. The finished product should be glossy and the consistency of thick cream.