

Béchamel Sauce

Food Smart Schools • an naq nutrition program

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Time to cook: 20mins

Ingredients (makes 750ml)

- 4 tablespoons of olive oil
- 4 tablespoons of plain flour
- 4 cups of reduced fat milk
- Black or white pepper to taste

Equipment

- Saucepan
- Whisk
- Measuring cups
- Measuring spoons



Method

1. In a heavy based saucepan, heat oil over medium heat.
2. Stir in the flour and cook continuously stirring for about 3 minutes or until the mixture is smooth and bubbling but not browned.
3. Whilst whisking add all the milk.
4. Bring the mixture to a simmer, making sure to whisk constantly.
5. Turn the heat down to very low and continue to whisk until sauce thickens (about 15 to 20 minutes).
6. You may need to scrap the pan with a rubber spatula to prevent the edges and bottom burning.
7. Season with pepper to taste.
8. Strain into a heat proof bowl if required.

Handy Hints:

- For extra flavour:
 - Add finely chopped shallots or onions in step 1.
 - Add 1 tsp of mustard or curry powder to flour
 - Add 1 tsp of herbs in step 5 (cook for a further minute)
- Béchamel sauce is great to use in:
 - Lasagnes (sprinkle with some low fat cheddar cheese on top)
 - Casseroles, gratins or bakes
 - Soups
 - Pastas (Alfredo or macaroni and cheese)
 - On pizza bases