



## Mother Sauce: Bechamel

<https://www.gracegoudie.com/all-recipes-blog/classic-bechamel-sauce-recipe>

**Yield:** 3 cups

### **INGREDIENTS:**

- 1½ cups milk
- ½ cup heavy cream
- 4 tbsp butter
- 4 tbsp flour

### **DIRECTIONS:**

1. Start by melting the butter.
2. Once the butter is melted, whisk the flour in.
3. Cook this mixture for about 5 minutes at a medium heat. This is called roux. The roux should be pale blonde in color. *(Pro Tip: Once the roux is cooked, put it in a shallow pan and cool it in the freezer.)*
4. While the roux is cooling, heat the milk and cream in the pot. Once the dairy is simmering, whisk in the roux.
5. Whisk until the sauce is thick.