

Classic Béchamel: White Sauce

Conversion
Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

1 gallon

1 cup

Original Yield x Conversion Factor = Desired Yield

milk

1 g.

1 c.

bay leaves

32

2 ea.

butter

1 lb.

1 oz.

flour

2 c.

2 T.

salt and white pepper

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tt

garlic cloves, crushed

32

2

1. In a small saucepan, heat the milk and 1 bay leaf to a gentle simmer, stirring so it doesn't scorch the bottom of the pan.
2. Keep the milk on low heat.
3. Make a white roux by melting butter over low-medium heat in a thick-bottomed saucepan.
4. Just as the foam subsides, add the flour, stirring constantly with a wooden spoon or whisk to prevent lumps.
5. Cook for 2 to 3 minutes to coat the flour and remove the starchy taste.
6. Do not allow to brown. Remove from heat, then gradually add a bit of the warm milk to the roux and whisk vigorously.
7. Return the saucepan to the heat and bring up to a low simmer, continuing to add more milk and whisk.
8. Cook for 5 minutes until sauce is thick enough to coat the back of a spoon.
9. Check seasoning; add salt, white pepper, garlic and the remaining bay leaf.

*** To prevent a skin from forming as the sauce cools, lay a piece of plastic wrap directly on the surface.

*** Serve with fish, shellfish, vegetables or egg dishes.