Recipe

# Mother sauce (béchamel)

Meet Aaron, our up-and-coming chef! This week he's teaching a "mother sauce": béchamel, a smooth, creamy white sauce. Chefs use it as the base for mac and cheese, lasagne, creamy soups, pot pies and more.

About 20 mins | Serves Makes about 4 cups | Easy

## Ingredients

- 2 oz unsalted butter
- 2 oz all-purpose flour
- 1 qt whole milk

## Steps

1. In a small saucepan, gently warm the milk. Be careful not to boil or scorch it.
2. In a medium saucepan, melt the butter over medium heat.
3. Whisk the flour into the butter to make a roux. Be careful not to let it brown.
4. While whisking, slowly add the warm milk to the roux. Make sure no lumps remain.
5. Turn the heat down to low and let the sauce cook just until the raw flour taste is cooked out. Stir now and then so it doesn't scorch.
6. Once it's done, the sauce can be seasoned and flavoured in lots of ways, depending on what you're making with it.