

## A basic cream sauce or Béchamel

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Ingredients :Serves  5

4 Tbl Butter, unsalted  
1/2 cup Sifted Flour  
1 Onion, small, chopped  
1 sprig Thyme, fresh (or 1/4 tsp dried)  
1 qt Milk  
White pepper (looks better in this sauce)  
Nutmeg  
1/2 tsp Salt (or taste)

### The Roux:

Melt 4 Tbl butter in a heavy skillet. Heat until the foam subsides. Add 1/2 cup sifted flour all at once, stirring in with a wooden spatula. Continue stirring over medium-low heat until the roux has lost its raw taste, approximately 5-minutes, remove from heat before it begins to color. Scrape into a bowl and let cool to room temperature.

Bring 1 quart of milk to a boil in a large non-aluminum saucepan. When it starts to foam add onion and thyme. reduce the heat. Strain the milk mix and pour into roux. Season to taste with the white pepper, nutmeg and salt. Strain, cool and freeze in small containers.

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