

WHITE SAUCE (BECHAMEL)

INGREDIENTS

30 ml (2 tbsp) butter

30 ml (2 tbsp) flour

250 ml (1 cup) 3.25% milk

Salt and herbs

PREPARATION

1. In a pot, melt the butter.
2. Add flour and mix well.
3. Pour in the milk and allow to thicken, stirring constantly, over low heat.
4. Add seasonings.

Inspired by: www.ricardocuisine.com

apainintheneck.org

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