

# Recipe

## Bechamel Veloute' Sauce

In a heavy bottomed saucepan melt 2 Tbl. butter over low heat. Blend in 3 Tbl. of flour. Cook slowly, stirring until butter and flour froth together for two minutes without coloring. This is your white roux.

Remove roux from heat. Once it has stopped bubbling pour all at once into a preheated mix of either 2c Milk and  $\frac{1}{4}$  tsp. salt that was heated to a boil, or you may use 2c. white stock, also at a boil.

Stir with a wire whisk until the sauce comes to a boil. Remain at a boil and continue stirring for another minute. This is your basic Bechamel Sauce. To create a Mornay Sauce, once sauce is removed from heat beat in  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of coarsely grated swiss cheese or a combination of swiss and parmesan.

There are also other enrichments to the Bechamel. A French butter can be stirred into the sauce just prior to serving. Egg yolk, tomato flavor and Tarragon with white wine are other variations. Email me if you are interested in obtaining these other versions! Bon Appetit!