

# BECHAMEL SAUCE

See note below the recipe for a variety of healthier options for flour

## INGREDIENTS

- 1 C Milk (For Pareve use Soy Milk or Unsweetened Mimic Crème)
- 2 Bay Leaves
- 2 T Unsalted Butter (For Pareve use margarine)
- 8 T Flour
- 2 Garlic Cloves (crushed)
- Pinch of Salt & White Pepper

## COOKING INSTRUCTIONS

Heat the milk & 1 bay leaf in a small saucepan on a low heat & stir frequently so the milk doesn't burn  
Keep the milk on a very low heat  
Melt the butter or substitute in a saucepan with a thick bottom over low-medium heat  
Add the flour & stir constantly with a whisk or wooden spoon to prevent lumps  
Cook for 2-3 minutes to coat the flour  
Remove from the heat before the mixture (roux) becomes brown  
Slowly add a small amount of the warm milk & whisk until the milk is absorbed  
Put the saucepan back on the stove at a low heat  
Continue adding more milk & whisking until the milk is absorbed  
Repeat this process until all the milk has been added to the saucepan  
Cook for 5 minutes until the sauce is thick enough to coat the back of a spoon  
If your butter or margarine is unsalted now you add the pinch of salt  
Add the white pepper, garlic & 2nd bay leaf  
Place a piece of plastic wrap over the sauce to prevent a 'skin' from forming as the sauce cools

### FLOUR SUBSTITUTES

Coconut flour  
Tapioca flour  
Quinoa flour  
Almond flour  
Potato starch  
Whole Wheat Pastry flour