

BECHAMEL - MOTHER SAUCE #1

F EASY

Last Modified: 11/28/2016

PREP: 10 Min
COOK: 15 Min
STOVETOP

SAUCE

THIS IS A BASIC FRENCH SAUCE / GRAVY INGREDIENT

QUA	MEASURE	INGREDIENT	PROCESS
BASIC BECHAMEL (BUTTER SAUCE)			
2	Tbsp	Butter	
1/4	Cup	All Purpose Flour	
2	Cups	Whole Milk	Hot
SAWMILL GRAVY			
2	Tbsp	Fat & Pan Scrapings From Cooking Sausage Or Bacon	
1/4	Cup	All Purpose Flour	
1/2	Tsp	Kosher Salt	
2	Tsp	Coarse Ground Black Pepper	
2	Cups	Whole Milk	Hot
SAUCE SOUBIS			
		Make The Basic Bechamel (Butter Sauce)	
PLUS			
1	Small	Onion or Shallot	Ground
CHEDDAR SAUCE			
		Make The Basic Bechamel (Butter Sauce)	
PLUS			
1/2	Cup	Sharp Cheddar Cheese	Shredded
SAUCE MORNAY			
		Make The Basic Bechamel (Butter Sauce)	
PLUS			
1	Pinch	Cayenne Pepper	
1/8	Cup	Gruyere Cheese	Shredded
1/8	Cup	Parmesan Cheese	Shredded
PREPARATION			
FACTOID	BECHAMEL is the first Sauce used in French cooking, known as "Mother Sauce #1". It is White, thick, creamy and flavorful and can be the base for ANY White Sauce you need. The 4 most common "versions" are listed (there are hundreds).		
TOOLS	1) Large Stainless Steel Skillet & Lid 2) Small Saucepan & Lid		
PREP	SAUCE SOUBIS 1) Grind the Shallot and set it aside.		
PREP	CHEDDAR SAUCE 1) Shred the Cheddar Cheese and set it aside.		
PREP	SAUCE MORNAY 1) Shred the Gruyere Cheese and set it aside. 2) Shred the Parmesan Cheese and mix it into the Gruyere.		

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1	BASIC BECHAMEL: In a small saucepan over medium heat, bring the Milk to a boil and remove it from the heat and set it aside.
2	BASIC BECHAMEL: Melt the Butter in a large skillet over medium heat and stir in the Flour until well mixed (30 seconds) cook another 3 minutes. Remove from the heat and whisk in the Hot Milk slowly until you get a little less than 2 cups in. Move the skillet back to high heat and stir until it comes back to a simmer. If the Sauce is too thick, add in the remaining Milk to thin it to the desired consistency.
1	SAWMILL GRAVY: In a skillet containing the Meat fat & drippings, stir in the Flour over medium high heat until well mixed (30 seconds) and cook for another 3 minutes. Remove from the heat and whisk in the Milk slowly while scraping the pan bottom until you get a little less than 2 cups in. Move the skillet back to high heat and stir until it comes back to a simmer. If the Sauce is too thick, add in the remaining Milk to thin it to the desired consistency.
3	SAUCE SOUBIS: Great on almost anything. Make the basic Bechamel Sauce and stir in the Onion or Shallots and simmer them until they are transparent.
3	CHEDDAR SAUCE: Great on Macaroni & Cheese, Nachos, etc. Make the basic Bechamel Sauce and stir in the Cheese and simmer until it has melted and become smooth.
3	SAUCE MORNAY: Great on Vegetables, Eggs or Fish. Make the basic Bechamel Sauce and stir in the Cayenne Pepper, Gruyere Cheese and Parmesan Cheese and simmer until it has melted and become smooth.