

Bechamel Sauce

Master the art of classic French béchamel sauce with this foolproof recipe. Silky smooth white sauce perfect for lasagna, gratins, and more.

5	10	15	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Bechamel Sauce

Ingredients

- 1.5 tbsp flour
- 0.5 tbsp butter
- 2 cup milk
- 1 tsp salt

Instructions

- 1 Make the roux**
Melt 1.5 tablespoons butter in a heavy-bottomed saucepan over medium heat until foaming but not browned, about 1-2 minutes.
- 2** Whisk in 0.5 tablespoons flour and cook, stirring constantly, until the mixture is smooth and lightly golden, about 2-3 minutes.
- 3 Add milk gradually**
Add 1/4 cup of the milk while whisking vigorously to prevent lumps from forming.
- 4** Continue whisking until the mixture is completely smooth, then add another 1/4 cup milk and whisk until incorporated.
- 5** Add the remaining 1.5 cups milk in 1/4 cup increments, whisking constantly after each addition until smooth before adding more.
- 6 Finish the sauce**
Bring the sauce to a gentle simmer and cook, stirring frequently, until it coats the back of a spoon and has thickened to a creamy consistency, about 3-5 minutes.
- 7** Season with 1 teaspoon salt and taste for seasoning, adjusting as needed.
- 8** Remove from heat and use immediately, or press plastic wrap directly onto the surface to prevent a skin from forming if storing.

Tips

- Warm your milk slightly before adding to prevent temperature shock and reduce the risk of lumps forming in your béchamel sauce.
- Cook the butter and flour roux for at least 2-3 minutes to eliminate the raw flour taste and ensure proper thickening power.
- Add milk gradually in small amounts, whisking constantly after each addition until fully incorporated before adding more.

Use a heavy-bottomed saucepan to prevent scorching and ensure even heat distribution throughout the cooking process.

If lumps do form, immediately remove from heat and whisk vigorously, or strain through a fine-mesh sieve to restore smoothness.

Keep the heat at medium-low throughout cooking to prevent the milk from curdling or the sauce from breaking.

Press plastic wrap directly onto the surface of cooled béchamel to prevent a skin from forming during storage.

Season with salt and white pepper at the end of cooking for the cleanest flavor and color in your finished sauce.