

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 min

PREP

10 min

COOK

15 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

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.