

# SAUCE BECHAMEL

Prepared by: Matthew Nelson

Source: Le Guide Culinaire by Escoffier

Makes: 5 Litres

650 g (1 lb, 7 oz) white Roux – using 11 oz clarified butter and 12 ½ oz. sifted flour

5 litres (1 3/8 gallon) boiling milk

11 oz. lean veal

2 finely sliced small onions

1 sprig of thyme

2 oz. butter

pinch of coarsely ground pepper

pinch of nutmeg

25g (1oz.) salt

Make the Roux in the normal manner and allow to cool. Mix the milk in to the Roux so as to obtain a smooth sauce and bring to a boiling point. Meanwhile cut the veal into small cubes and stew with the butter without coloring, adding the onions seasonings and thyme; place into the sauce. Allow to simmer gently for 2 hours and pass through a fine strainer. Coat the surface of the sauce with butter to prevent the formation of a skin.

Notes: If the Bechamel is to be used for meatless dishes, omit the veal. Also, it can be made more quickly by bringing the milk to the boil with the onion and seasonings, cover and allow to infuse for 10 minutes. Strain the milk on to the Roux, mix, bring to a boil and allow to simmer gently for 15-20 minutes.