

Besciamella (Italian Bechamel Sauce)

By Domenico Tolomeo

A creamy sauce made of butter, flour, and milk, besciamella is a key ingredient in lasagna and can also be used in chowders and chicken pot pie filling to provide a creamy texture.

Yield: 4 cups

Prep Time: 5 mins

Cook Time: 10 mins

Ingredients:

- 100g (7 tablespoons) salted butter
- 100g (2/3 cup) Caputo "00" Chef's Flour
- 1L (4 1/4 cups) warm milk
- Salt, to taste
- Pinch of grated nutmeg



Instructions:

1. In a saucepan over low heat, add the butter and stir until melted.
2. Once it is completely melted, add your flour and whisk until it is well incorporated.
3. Once the liquid is absorbed, slowly start to pour your milk in a little at a time, constantly whisking to avoid burning the besciamella.
4. Continue to slowly pour in your milk until you achieve a thick consistency. The total process should take about 8-10 minutes.
5. A great test to see if the besciamella is finished is to stick a spoon in the saucepan and draw a line down the middle using your finger. If it separates and holds, then your besciamella is ready to go!