

Papa Vince Recipe

Bechamel Sauce

Ingredients

100g / 3.5 oz flour
100g / 3.5 oz butter
1 liter / 33 fl oz milk
100g / 3.5 oz Parmesan Cheese (optional)
Sea Salt (to taste)

Directions

1. Put a saucepan on the stove at medium heat and gently melt the butter (don't let it get too hot or turn golden).
2. When it is completely melted, add the milk slowly and add the flour a little at a time, mixing all the ingredients evenly.
3. Keep stirring or whisking constantly to make sure no lumps form.
4. When all the flour has dissolved, add the cheese slowly (if your recipe calls for it - this is optional).
5. Keep stirring until the sauce reaches your desired consistency.