

Béchamel Sauce

In Buddhism, there are the Four Noble Truths; in cooking there are the Three Noble Sauces. Béchamel, which is French for “Awesomesauce,” is #1; Roux is #2; there is some debate about the third. Suffice it to say that béchamel makes almost everything better. Use it on pasta, in casseroles, in biscuit-crust pies, or as the base of a low-budget mac’n cheese; add some green chiles and use it to smother your burrito. The ratio of flour to butter is 1/1, with a cup of milk per tablespoon of flour, so the recipe scales up and down with ease, whether you’re cooking for all y’all or just grooving with your own gravy.

Ingredients:

4T butter

4T flour

4C Milk (full fat = full flavor, just sayin’)

¼ t salt

A pinch-o-pepper

Directions:

Melt the butter in a sauce pan and add the flour, stirring constantly while the butter bubbles and browns (about two minutes). During this time, warm the milk in a microwave to hot but not boiling. Add the hot milk and whisk under medium heat as the mixture thickens. Add salt, pepper, and remove from heat when the mixture begins to boil.