

## WHITE/ BÉCHAMEL SAUCE



too fresh to flop

**PREP:** 5 minutes

**BAKE:** 10 - 15 minutes

**MAKES:** 500ml

### INGREDIENTS:

- 2 Tbsps butter
- 2 Tbsps Snowflake Cake Wheat Flour
- 2 cups milk
- ¼ tsp each salt and pepper, or 2-3 twists of each from a grinder

#### *To make cheese sauce, add*

- ½ cup cheddar cheese, grated
- ¼ tsp cayenne pepper

- Saucepan/small pot
- Tablespoon
- Whisk
- Grater
- Measuring cups
- Measuring spoons
- Flat bladed knife (*dinner knife*)

### CONVERSION CHART

¼ tsp = 1.25ml	¼ cup = 60ml
½ tsp = 2.5ml	⅓ cup = 85ml
1 tsp = 5ml	½ cup = 125ml
1 Tbsp = 15ml	1 cup = 250ml

### What you need:

### METHOD:

1. Place butter in a saucepan or small pot and heat over medium heat until butter has melted.
2. Add the flour to the butter and mix well, stirring continuously until flour is absorbed by the butter.
3. Slowly add milk, stirring continuously to make sure you break up any lumps.
4. Add salt and pepper and gently start whisking sauce.
5. Whisk continuously, making sure to get rid of all lumps, until sauce has thickened, 8-10 minutes.
6. Remove pot from heat and serve white sauce while still warm.

#### *To turn into a Cheese Sauce*

1. Follow the above steps until milk is added.
2. When it comes to adding the salt and pepper, add the grated cheese and cayenne pepper too.
3. Whisk continuously, making sure to get rid of all lumps, until sauce has thickened, 8-10 minutes.
4. Remove pot from heat and serve cheese sauce while still warm.



### NOTES AND TIPS

This white/béchamel sauce can easily be turned into a cheese sauce with the simple addition of grated cheese and cayenne pepper (mentioned in the ingredients list above). When adding the salt and pepper to the White Sauce, simply add the grated cheese and cayenne pepper too. Continue following the steps for the White Sauce until the end.