



Béchamel sauce

Ingredients for 1 litre preparation:

BUTTER	100 G	PEPPER	1 G
FLOUR	100 G	NUTMEG	1 G
MILK	1 L		
SALT	5 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Butter	100 g	Melt	 115°C	200 rpm	2 min	Closed	
2	Flour	100 g	Add	 120°C	200 rpm	5 min	Closed	
3	Milk Salt Pepper Nutmeg	1 L 5 g 1 g 1 g	Cook	 100°C	500 rpm	15 min	Closed	Add in gently all at once



CHEF'S TIP

All the cooking steps are important to avoid having a floury taste.