

Besciamella

Swick

Makes 3 1/2 cups | Active Time: 25 minutes | Total Time: 25 minutes

Chef's Notes

Besciamella can be stored in the refrigerator for up to 2 days. It is best to cool the besciamella by placing it over an ice bath and stirring until it cools down. Place plastic wrap directly onto the surface of the sauce to prevent a skin from forming. Cover the bowl with plastic wrap to seal and refrigerate.

Cooking the Roux

To make the besciamella, heat a saucepan over medium heat and melt the butter. Once melted, add the flour to create a roux and stir until smooth. Cook for about 6 to 7 minutes, stirring frequently, until it turns a light-golden brown.

Step 1: Cooking the Roux

- 5 tbsp unsalted butter
- 1/4 cup all-purpose flour

Making the Besciamella

Meanwhile, in a separate pot, heat the milk to just under a boil. Once the mixture has browned and the milk has heated, add the milk to the roux, about one cup at a time. Whisk constantly, until very smooth, bringing it back to a boil each time. Once all of the milk has been incorporated and the mixture has come back up to a gentle boil, turn the heat to low and let cook for about 10 minutes. Stir occasionally. The sauce should nicely coat the back of a spoon. Once done, remove from the heat and season with the salt and freshly-grated nutmeg.

Besciamella sauce is widely used in many dishes, such as lasagne, soufflés, and moussaka.

Step 2: Making the Besciamella

- 3 cups whole milk
- 1 to 2 tsp sea salt
- 1/2 tsp freshly-grated nutmeg