

# Bechamel Sauce

14 Reviews



Recipe courtesy of **Anne Burrell**

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Total Time:  
**35 min**

Prep: 15 min

Cook: 20 min

Yield: about 4 cups

Level: Easy

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## Ingredients

3 tablespoons **butter**

1/2 small white onion, cut into  
1/2-inch dice

Kosher salt

3 heaping tablespoons  
**all-purpose flour**

1 quart milk

Pinch grated nutmeg

1 **bay leaf**

1/2 cup grated **Parmigiano-  
Reggiano**

## Directions

Add the butter and onion to a large **saucepan** over medium heat. Season the **onions** with salt, to taste, and cook until they become translucent and very **aromatic**. Add the flour and cook until the flour and butter resemble wet sand, about 3 to 4 minutes. Gradually, whisk in the milk until incorporated. Add the bay leaf and **nutmeg** and season with salt, to taste. Slowly bring the milk/flour mixture to a boil, stirring frequently to prevent scorching on the bottom. Be sure that the milk comes to a boil or the flour will not cook out and you will be left with a very objectionable starchy feeling on your **tongue**.

Once the sauce has come to a boil and has thickened, remove it from the heat. Discard the bay leaf. Stir in the grated Parmigiano, taste and adjust seasoning, if needed.

Use right away or refrigerate, covered, until ready to assemble dish.

Creamy!