

# BECHAMEL SAUCE

## INGREDIENTS:

50g butter  
50g flour  
500ml milk  
¼ onion  
1 clove  
1 bay leaf



## METHOD

1. Prepare a roux by melting the butter and adding the flour
2. Cook for 2-3 minutes without colouring.
3. Infuse the onion by piecing the clove thru the bay leaf into the onion. Then place the onion in the pot with the milk.
4. Heat milk, the strain.
5. Whisk the hot milk onto the cold roux, a little at a time while mixing.
6. Cook for 10 minutes
7. Strain and use as required.