

# Béchamel Sauce



## Ingredients for Béchamel Sauce Flavoured with Cheese:

500ml Milk

100g Mature Cheddar Cheese

50g Unsalted Butter or Vegetable Fat Spread

50g Plain Flour

½ Teaspoon Dried Mustard Powder (Optional)

## Method:

1. For the béchamel sauce, you are going to use the roux method of making: Ensure all your ingredients are weighed out accurately.
2. Grate the cheese onto a plate.
3. Place a small saucepan at the front of the hob, DO NOT turn it on.
4. Place the butter into the saucepan; melt on a low heat stirring with a white plastic spoon. Once melted add the flour and mustard powder and continue heating it for 30 seconds, stirring it all the time.
5. Remove the saucepan from the heat and place it on a pan stand.
6. Gradually add the milk a small amount at a time (roux method), stirring well each time to avoid any lumps forming, until all the milk has been added.
7. Put the saucepan back on the heat and stirring all the time, heat the sauce until it boils and thickens (the sauce should coat the back of the white plastic spoon and be smooth and glossy in appearance).
8. Remove the saucepan from the heat and place it on a pan stand. Add  $\frac{3}{4}$  of the grated cheese. Stir until the cheese has melted.
9. Use the béchamel sauce as desired. Sprinkle the rest of the cheese on top.