

Besciamella

White Sauce

Ingredients

Whole milk ½ litre	Salt – to taste
Butter 4 tablespoons	Pepper – to taste
Flour 4 tablespoons	Nutmeg, pinch

Method

Heat the milk in a saucepan over medium heat, until just about to boil. You'll know it's ready when a small amount of steam comes up as you stir the sauce.

In another saucepan with high sides melt the butter over medium low heat.

Add the flour to the melted butter, whisking continually, creating a smooth mixture. Keep whisking for another minute as the roux cooks. Be careful not to let it brown, and keep an eye on that milk

Gradually whisk the milk into the roux, one small ladle at a time. The mixture will be thick and difficult to whisk at first, but will thin out as you add the remainder of the milk.

Once all the milk is fully incorporated, season to taste with the salt and pepper. Add a pinch or 3 of nutmeg,

Keep whisking slowly until the sauce thickens. About 12-15 minutes, don't worry if your sauce seems too thin at the beginning. It's ready when it begins to stick to the whisk in a nice thick coat.

Remove from heat and use in your recipe.

Pedrolino (little Peter) was a character from Commedia dell'Arte who later morphed into the french Pierrot, in much the same way that Italian Glue Sauce morphed into the french Béchamel, and then returned as Besciamella

