



BECHAMEL SAUCE

(White sauce)

INGREDIENTS:

50 gms WHITE SAUCE MIX

250 mls WATER

250 mls MILK

Optional - proportion of milk to water may be varied.

METHOD:

1. Put white sauce mix and cold water in a small saucepan and mix to form a smooth paste.
2. Add milk and continually stir till boiling.

Note: If not stirred enough the sauce may form lumps.

Remove from heat. Serve

THIS IS ONLY A GUIDE.

PANTRYMAN