




BECHAMEL SAUCE

Ingredients

- 1/2 onion
- Butter: 25 g
- Flour: 1 tablespoon (25 g)
- Locust bean gum: 2-4 g (teaspoon)
- Milk: ½ L
- Nutmeg: 1 teaspoon mocha
- White pepper: 1 teaspoon mocha
- Salt: 1 teaspoon mocha



We can make a much lighter béchamel sauce, with half the flour or less, and therefore with half the butter/ margarine/oil (whatever we use), using locust bean gum.

In the traditional recipe for béchamel sauce, we put the same amount of flour as butter. For ½ L of milk, 2 heaped spoons of flour (50 g) and 50 g of butter are used. In this recipe we propose, we reduce these two ingredients to half, leaving a creamy and fantastic béchamel sauce to make the best recipes. If we are going to make béchamel for croquettes, which is denser, we will use 4 g of locust bean gum, instead of 2-3 g.

Elaboration

First we mix the flour with the locust bean gum, well mixed.

Add the onion, finely chopped, in a saucepan and then the butter. When the butter has melted, add the flour-rubber to disperse it in the butter, and cook it until it acquires a golden-yellow colour. This step is important, so that the béchamel does not taste like raw flour, it must be browned and toasted with the butter. Stir it all together, leaving a thick textured dough. A trick to get rid of lumps in the béchamel is to sift the flour so that it is thinner, that is, we add it to the butter from a sieve, giving it a touch and allowing it to fall into the butter like a glaze.

We add the milk little by little and without stopping stirring with the sticks. As it gets consistency we add more milk, without stopping stirring. This way we repeat until we finish with the milk.

Add the nutmeg, white pepper and salt. Remove and leave to cool!



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