



Béchamel Sauce (Mornay sauce)

5'
Hands on

10'
Cook Time

1 liter
Portion(s)

1
Difficulty



Method

- Place a pot over medium heat and add the butter. Let it melt.
- Add the flour and whisk until it is absorbed by the butter and becomes a thick paste. At this point, you have a roux with which you can thicken all of your sauces.
- Add the milk in batches and whisk until the sauce thickens and comes to a boil.
- Remove from the heat and add salt, pepper, the nutmeg, the gruyere, and whisk.
- Add the egg yolks and whisk.
- Pour the sauce over lasagna, moussaka, or any other dish that you want, bake it until golden, and serve.

Tip

Make sure the milk is warm when you add it, so that no lumps are created in the béchamel sauce!

Ingredients

- 100 g butter
- 100 g all-purpose flour
- 1 liter milk
- 50 g gruyere cheese, grated
- salt
- pepper
- nutmeg
- 3 egg yolks

Διατροφικός πίνακας

Nutrition information per 100 gr.

212 Calories (kcal)	15.0 Total Fat (g)	8.9 Saturated Fat (g)	12.0 Total Carbs (g)
11%	21%	45%	5%
4.6 Sugars (g)	7.0 Protein (g)	0.5 Fibre (g)	0.29 Sodium (g)
5%	14%	2%	5%