



Bechamel

Ingredient	10 Portions	50 Portions	100 Portions
Plain flour	100g	500g	1kg
Margarine	100g	500g	1kg
Milk	1 ltr	5 ltrs	10 ltrs
Onion	0.1	0.5	1

Method

1. In a heavy bottomed pan on a low heat pour in the milk and peeled onion and slowly heat the milk until it is just about to simmer
2. In a separate heavy bottomed pan melt the margarine taking care not to over heat it
3. Add the flour all in one go and well with a spoon, cook out for 3 minutes (this is called a roux)
4. Remove the onion from the hot milk
5. Stirring constantly add the hot milk one ladle at a time until blended with the roux
6. Using a whisk, mix well to ensure a smooth thickened sauce is achieved.

Allergens Wheat, Milk