

# BARBETTA

## BECHAMEL

### *What you'll need:*

- \* 1 litre milk
- \* 80g butter
- \* 80g all-purpose flour
- \* Tiny pinch of nutmeg
- \* Pinch of salt
- \* 50g grated Parmesan

### *Throw it together:*

1. Warm the milk in a saucepan, but don't let it boil
2. In a separate saucepan, cube the butter and melt it over low heat. As soon as it has liquefied, gradually whisk in the flour, making sure that no lumps form
3. On a low heat, add your warm milk, salt, nutmeg and ground pepper. Stir rapidly with the whisk until it thickens and becomes smooth. Add Parmesan.

### **CHEF'S TIP**

When making a béchamel sauce, don't stop stirring until you have added and incorporated all of your ingredients – this will make sure no lumps form