






Back-to-Basics

How to prepare Bechamel Sauce

Subject:	Details:
<p>1. What is a Béchamel Sauce?</p> 	<p>A Béchamel Sauce is one of the 5 hot mother sauces, a basic sauce.</p> <p>This Sauce is very similar to the Velouté Sauce; although instead of adding a stock to the roux, Milk is added and plainly seasoned with salt and pepper, sometimes nutmeg is added as well, depending on the further purpose of using the sauce.</p>
<p>2. The Roux</p> 	<p>A roux is an equal combination of butter and flour, simmered over low heat until it bubbles</p> <p>For a Béchamel, the cold milk is then added. The flour/butter roux thickens the milk, creating a rich sauce.</p>
<p>3. How to make a Béchamel?</p> 	<ol style="list-style-type: none">1. Prepare the roux by using an equal amount of butter and flour, simmered over low heat until it bubbles2. Add <i>cold</i> milk to the roux and stir frequently to avoid clumps3. Heat up the mixture again on medium heat, keep on stirring4. The cold milk has the effect that by reheating the mixture, the sauce will thicken equally. If you would add a hot milk, it would thicken up immediately and the result will be a clumpy paste and not a smooth, velvety sauce
<p>4. Derivatives</p>	<p>Since the Béchamel Sauce is a basic mother sauce, many other sauces can be created from this sauce. The most common derivatives of a Béchamel sauce are:</p> <ul style="list-style-type: none">• Mornay Sauce: Cheese is added• Cardinal Sauce: Fish Stock and Lobster Butter added• White Onion Sauce: Blanched onions and Veal stock added• Horseradish Sauce: Beef stock and Horseradish added• Cream Sauce: Cold Butter flakes added



Training Notes:

Introduce <ul style="list-style-type: none">- Yourself, the task, what TM will learn and how testing is conducted
Demonstrate When To Start and Materials <ul style="list-style-type: none">- Getting prepared immediately when the duty starts- Materials: Pot, whisk, stove, listed ingredients
Demonstrate Actions <ul style="list-style-type: none">- Use job rehearsal to demonstrate steps- Explain why each step is performed in a certain way.- Explain what team members should notice when doing each step and any safety precautions
Demonstrate the Result and Task Standards <ul style="list-style-type: none">- Tools and equipments should be clean before usage
Practice <ul style="list-style-type: none">- TM explains each step of task during practice. Check for errors and remind TM to correct them immediately, Task performed independently of trainer and to standard
Test for knowledge <p>Q. Why you should add cold milk to the roux? A. To avoid clumping</p> <p>Q. What is a Roux? A. An equal mix of Butter and Flour</p>
Follow-up <ul style="list-style-type: none">- Task performed to standard in actual job conditions; observed by manager of dept.- Dept. Quiz completed to 100% accuracy