



Sauce Basics: Bechamel Sauce

- Menu -

Bechamel Sauce and Variations, Homemade Macaroni and Cheese,
Roasted Pork Tenderloin with Soubise Sauce
(with Gluten-Free Substitutes)

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Shopping List

Dairy

- 9 TB (1 stick plus 1 TB) unsalted butter
- 3 cups whole milk
- 1 ½ cups heavy whipping cream
- 3 cups sharp cheddar cheese
- 4 ounces goat cheese
- 2 TB Parmesan cheese

Pantry

- Kosher salt and pepper
- 7 TB all-purpose flour (or 1-1 gluten free flour)
- 1 (16 oz) box rotini pasta (or a gluten-free pasta)
- 1 TB olive oil

Produce

- 2 yellow onions

Protein

- 1, pork tenderloin, silver skin removed

Spices

- 2 bay leaves
- 4 whole cloves
- ½ TSP paprika
- 1 TSP curry powder (optional addition to soubise sauce)

Specialty

- ½ cup Panko bread crumbs (see gluten-free version in macaroni and cheese recipe)



This is the brand of gluten free flour I use.

Equipment

Baking

- 13" x 9" pan

Electric

- Blender or food processor

Pots and Pans

- Dutch oven (for pasta)
- 2 Large skillets
- 2 Medium saucepans
- Small non-stick skillet

Utensils/Tools

- Aluminum foil
- Chef's and paring knives
- Cutting board
- Ladle
- Measuring cups and spoons
- Tongs

Mise en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance, I am less likely to get lost... such as “did I put in the baking powder?” It also provides you with more opportunities to listen to the instruction during the class.

- **Shred the cheeses**
- **Prepare the 2 onions (1/2 onion left whole and studded with cloves, the remainder of 1 ½ yellow onions should be halved and sliced thinly)**

Béchamel Sauce

Bechamel is one of the five French mother sauces. This is the most basic, a cream sauce.

5 TB unsalted butter

5 TB all-purpose flour (For gluten-free version, substitute with 1-1 gluten free flour)

2 cups whole milk, warmed

1 cup heavy whipping cream, warmed

1/2 yellow onion, skin removed and studded with 4 whole cloves

2 bay leaves

Salt and pepper

In a saucepan heat the milk and heavy cream with the bay leaves and slice of onion. Once the milk starts to steam, remove from the heat and let the milk infuse for 10 minutes. Then remove the onion and bay leaves and discard them.

In the meantime, melt butter in a saucepan, then while whisking - add the flour. Whisk the mixture as it cooks for 2 - 3 minutes. Once the mixture is foamy and bubbly, pour in the warmed milk and cream. Whisk thoroughly until smooth. Continue to cook until it boils. Lower the heat and continue cooking an additional few minutes until the mixture is thickened. Then add about 1 tsp salt and ½ tsp pepper.

Variations: Bechamel can be used as a base for a variety of sauces.

- 1.) Traditional – cream sauce – used in many dishes including, Greek Moussaka, Croque Monsieur
- 2.) Cheddar Cheese – perfect for macaroni and cheese
- 3.) Soubise – pureed with onions – good for topping chicken, vegetables and pork
- 4.) Mustard – at the end of preparing the bechamel you may add, 2 TB dry mustard or 1 ounce Dijon mustard
- 5.) Herbed – at the end of preparation, add 4 TB minced Italian parsley and 2 TB fresh thyme, chopped

Baked Macaroni and Cheese

1 recipe Béchamel sauce
1 box (1 pound, 16 oz) Rotini pasta (For gluten-free version, substitute gluten-free pasta)
3 cups sharp cheddar cheese
4 ounces goat cheese
½ tsp paprika
1 TB butter
½ cup Panko crumbs
2 TB Parmesan cheese

Preheat oven to 350° F,

In a large Dutch oven bring water to boil and add 1 TB salt. Add the pasta and cook according to directions on the box. Drain and set aside.

Once the béchamel sauce is ready and warm, remove it from the heat and add the two cheeses and stir until melted and smooth. Add the ½ tsp paprika. Combine the cheese sauce and the cooked pasta, stir. Pour the pasta into a greased 13” x 9” pan.

In a small non-stick skillet over medium heat, melt 1 TB butter then add the Panko. Stirring frequently, lightly brown the crumbs, about 5 minutes. Toss the toasted crumbs over the pasta. Grate Parmesan cheese over the top. Cover with aluminum foil and bake at 350° F for 25 minutes. Then remove the foil and toast the top under the broiler for 3 – 4 minutes.

For gluten-free Panko, there are two brands I recommend, Kikkoman and Aleias. You can also make your own substitute by crushing gluten-free rice flavored Chex cereal. Crush 3 cups of cereal in a food processor for 1 cup “panko”.

Oven Roasted Pork Tenderloin

1 pork tenderloin
1 TB olive oil
Kosher salt and pepper

Heat oven to 400° F.

Remove the silver skin from the pork tenderloin. You do this by grabbing the end of tenderloin on the thick end and sliding a sharp paring knife between the flesh and white skin.

Rub the olive oil over the surface of the pork. Generously season with salt and pepper. Heat a large heavy bottom, oven proof skillet over medium high heat. Sear the tenderloin on all sides, about 3 minutes per side, until browned. Place the skillet in the oven and roast the pork for 18 minutes or until the pork is about 155° F in the thickest part.

(If you do not have an oven proof skillet, still brown it on the stove then transfer it to a foil-lined rimmed baking sheet and follow directions above.)

Soubise Sauce

3 TB unsalted butter, DIVIDED
2 TB all-purpose flour (or use 1 – 1 gluten-free flour)
1 cup whole milk
½ cup heavy whipping cream
1 ½ medium size sweet onions (about 2 ½ cups) cut in half and very thinly sliced
¼ TSP Black pepper
1 TSP Kosher salt
(Optional – 1 TSP curry powder)

In a large skillet, melt 1 TB butter over low heat. Add the sliced onions and cook about 15 minutes until translucent and softened. Stir them frequently, you do not want them too brown.

Meanwhile make the roux. In a medium saucepan melt 2 TB butter, when it starts to foam, whisk in the 2 TB flour. Let the roux cook about 1 minute. Next pour in the milk and heavy cream, continue to whisk to avoid getting any lumps. Maintain LOW heat of the milk mixture and whisk frequently. As the milk begins to warm it will start to thicken, whisk to prevent lumps. You will find it is “thicker” towards the bottom of the pan, so make sure you scrape the bottom of your pot to incorporate the roux thoroughly. Once the mixture has thickened, about 10 minutes and the onions are cooked, add the onions to the milk mixture. Stir to incorporate. Remove from the heat.

You need to purée the sauce now. You can use an immersion blender, a regular blender or food processor. I normally use my Vitamix and the sauce turns out very creamy and smooth.

(**To get an extra smooth texture you can push the sauce through a fine mesh sieve.)

Once blended, put it back in the saucepan and just heat through. Add the salt and pepper.

Sauce Variations:

Add 1 TSP curry powder to the finished sauce

I also love the French curry spice – Vadouvan! You can order through Amazon.

What to serve it with?

- Roast chicken
- Roast Pork
- Prime rib
- Vegetables
- Eggs benedict – instead of hollandaise!

Storing:

If you do not use all of the sauce, you can keep it in the refrigerator about 4 days. Make sure you cover the sauce with plastic wrap on the surface so it does not form a “skin”.