

Béchamel Sauce

The Béchamel Sauce is also referred to as a basic white sauce. This sauce is great for making cheese based sauces. This sauce is very easy to make and is the best for making a great Mac & Cheese.

Ingredients

- 5 tablespoons butter
- 4 tablespoons all-purpose flour
- 4 cups milk
- 2 teaspoons salt
- 1/2 teaspoon freshly grated nutmeg
- 2 Tbsp. finely chopped onion

Mac & Cheese Ingredients: Add to Béchamel

- 4 Cups Shredded Colby Cheese
- 2 Cups Shredded Cheddar Cheese
- 1 lb. elbow Macaroni

Directions

In a medium saucepan, heat the butter over medium-low heat until melted add onion and continue cooking until onion is soft. Using a wire whisk, add the flour and stir until smooth. Over medium heat, cook until the mixture turns a light, golden sandy color, about 6 to 7 minutes.

Meanwhile, heat the milk in a separate pan until just about to boil. Add the hot milk to the butter mixture 1 cup at a time, whisking continuously until very smooth. Bring to a boil. Cook 10 minutes, stirring constantly, then remove from heat. Season with salt and nutmeg, and set aside until ready to use.

Add cheese and stir until completely melted. Stir drained pasta into cheese sauce, breaking up any clumps until well combined. Pour into 13 by 9 inch baking dish; cover with foil and bake in preheated 400 degree oven for 30 to 35 minutes. Remove foil and continue to bake until lightly browned about 10 minutes.