



Rosemary Béchamel

Makes about 1 $\frac{3}{4}$ cups

Béchamel is an easy, flavorful white sauce for many classic comfort foods. It helps unify ingredients, particularly vegetables, into delicious, creamy dishes. Béchamel is a classic French sauce (one of the French mother sauces) but it's often used in easy-to-make homey meals in many cultures. This version adds fresh rosemary for a savory, herby kick but can be left out.

Ingredients

2 tablespoon unsalted butter
3 tablespoon all-purpose flour
2 cups 2% warmed milk (see substitutes)*
 $\frac{1}{2}$ teaspoon salt (not kosher)
3 sprigs rosemary

Steps

In a small (4 cup) pot over medium heat, melt butter. Add flour and whisk periodically as it bubbles into a wet sand texture. Cook until flour smell disappears (2-3 minutes). Add warm milk while whisking vigorously. Add salt and simmer gently using whisk to stir periodically to avoid sticking to the pot corners.

When it begins to thicken (3-4 minutes), add rosemary and press into the sauce (avoid breaking off the leaves). Keep heat at a low simmer and stir periodically and gently until thick but silky (about 5 minutes). Remove from heat.

Taste. If rosemary is too mild, leave in the pot. Cover with a lid to limit a tough skin forming on the surface before use. Before use or storing, remove rosemary. To store, pour into a bowl and press a piece of plastic wrap over the surface. Store in a refrigerator for several days. Reheat slowly when needed.