

Maine Arts Camp

2012

Recipe Name: Classic Sauce Mornay

Chef: Charles Limoggio C.E.C.

Preparation Time: 12 minutes

Servings:

Yield: 2 cups

Quantity	Unit	Ingredient Name	Prep Notes
2 1/2	TBSP	Butter	
3	TBSP	All-purpose flour	
2	cups	Milk	Warmed
1/4	tsp	Salt	
1	pinch	Ground white pepper	
1	Small pinch	Ground nutmeg	OPTIONAL
2	ounces	Grated Gruyere or Swiss Cheese	
1	ounce	Grated parmesan Cheese	

Procedure:

- 1 In a medium saucepan melt the butter over medium-high heat. Add the flour and cook, stirring constantly, until the roux is pale yellow and frothy, about 1 minute. Do not allow the roux to brown
- 2 Slowly whisk in the milk and continue to whisk until the sauce thickens and comes to a boil, about 2 to 3 minutes. Reduce the heat to a simmer and season with the salt, pepper and nutmeg. Allow to simmer for 2 to 3 minutes. This is now called a béchamel sauce, and may be used as is to top any number of dishes ***
- 3 Stir in the cheese and whisk until melted. If the sauce seems to thicken, thin with a little milk
- 4 If not using right away, cool, cover surface with plastic wrap and refrigerate for several days.

*** Classically, 1/4 of a peeled onion with a bay leaf stuck to it with a whole clove would be added as well, simmered in the sauce and strained out.

Do not allow to boil for an extended period of time and be sure to add the cheese at the end and whisk until just melted..