

Amal Ibrahim

AMAZING RECIPES  
YOU CAN MAKE WITH  
*Béchamel  
Sauce*

# Amazing Recipes You Can Make with Béchamel Sauce

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*Béchamel sauce is one of the best gifts that France kitchen gave to the world; it contains really simple elements like: butter, flour, milk, Salt and white pepper, and a very small pinch of nutmeg. But yet extremely tasty and can be used in many dishes.*



*The standard recipe: "it  
can be used in multiple  
dishes"*

*Ingredients:*

*50 grams flour, sifted*

*50 grams butter, diced*

*60 ml of liquid milk*

*Salt*

*Pepper*

*Nutmeg, crushed.*

*Preparation:*

*1-Melt the butter in a saucepan on the fire, add the flour and stir with a wooden spoon until the flour absorbs all the butter and then leave it for a period of time.*

*2- Add the milk slowly and continue to stir rapidly until the sauce gets thicker; it is possible to increase or mitigate the amount of milk according to the desired density of the sauce.*

*3-It is important to continue to stir rapidly until no clumps are formed in the sauce, and this is the secret of its success, extinguish the fire, then add salt, pepper and nutmeg and stir well.*

## 1) Chicken spaghetti with white sauce



*Ingredients*

*400g spaghetti*

*3 chicken breast, chopped into squares "quantity as desired"*

*500 ml cream*

*200 grams cheddar cheese, grated "quantity as desired"*

*2 small spoon sauce béchamel*

*1 liter liquid milk*

*2 small Butter cubes*

*White pepper*

*Pinch of Salt*



*Preparation:*

*1-Boil the chicken after you cut it, then after being coked leaves it for later.*

*2- Melt Butter in a saucepan then put the béchamel and milk "stir will until no clumps are formed in the béchamel", the result is a white sauce, and it must be light, not heavy then left it of the fire.*

*3-add Grated cheese, chicken and white pepper, mix all together.*

*4- After boiling the pasta, put it with the previous mixture, and then mix it again together.*

## 2) *Béchamel lasagna*



*Ingredients:*

*Minced meat - 450 grams*

*Tomato sauce - 250 g*

*Water - as needed*

*Tomatoes - 200 grams*

*Garlic -one clove*

*Onion, minced - 1*

*Olive oil - as needed*

*Salt*

*Milled black pepper*

*Lasagna - tray*

*Grated Parmesan cheese -  
150 grams*

*To prepare the béchamel  
sauce:*

*Butter - 85 grams*

*Flour - 85 grams*

*Milk - 3 cups*

*Grated nutmeg - tsp*

*Milled black pepper*

*Salt*

*Preparation:*

- 1. Stir the tomato sauce in water until you get a smooth mixture.*
- 2. Heat the olive oil in a saucepan on the fire; put the onion and the garlic stir ingredients until golden.*
- 3. Add the meat, stirring until it changes color.*
- 4. Add a mixture of tomato and meat mixture and then put salt and black pepper.*
- 5. Cover the pot and leave the ingredients for about 50 minutes until cooked.*
- 6. To prepare the béchamel sauce, melt the butter in a saucepan on the fire.*
- 7. Add the flour and stir until ingredients mixed all together then add milk gradually.*
- 8. Add salt, black pepper and nutmeg, stirring constantly over low heat until you get a thick sauce mixture.*

9. In a greased oven covered with butter, pour a quarter of the amount of béchamel sauce in the bottom.
10. Descriptive quarter of lasagna, and then the sprinkle a little meat mixture on the face.
11. Pour a small amount of béchamel sauce to cover the meat and then Pour a little of the cheese on the face.
12. Return the process until you get the layers of lasagna.
13. Enter the tray in a preheated oven 180 ° C for about 35 minutes until lasagna cooked and become golden.

3) *Vegetables covered with  
Béchamel sauce*



*Ingredients:*

*Eggplant cut into circles - 3*

*Potatoes cut into circles - 3*

*Tomato, cut into circles - 3*

*Broccoli cut into flowers - cup*

*Grated cheese*

*To prepare the béchamel sauce:*

*Butter - 4 tbsp*

*Flour - 1/4 cup*

*Milk - 3 cups*

*Liquid cream- 2 cups*

*Salt*

*Black Pepper - pinch*

*White Pepper - pinch*



*Preparation:*

*1. To prepare the béchamel sauce, melt the butter in a saucepan over medium heat and add the flour.*

*2. Stir for two minutes and then pour the milk and cream gradually with the continuous mixing until the mixture thickens.*

*3. Take up of the fire and add salt, black pepper and white pepper.*

4. Grease a baking tray with little butter and put in its bottom half of the eggplant, half the amount of tomatoes.

5. Divide the corn and broccoli, and then pour the béchamel sauce over the ingredients.

6. Divide the remaining eggplant slices and tomatoes on a tray face and then pour cheese.

7. Enter the tray to pre preheated oven over medium heat until vegetables are cooked and have a golden face.

4) *Pasta with shrimp tray*



*Ingredients:*

*Shrimp, peeled and cleaned - 500  
grams*

*Olive oil - two tablespoons*

*Salt and Black Pepper*

*Spaghetti - 250 g*

*Diced of tomatoes - 250 g*

*Grated cheese - half cup*

*To prepare the sauce:*

*Butter - 2 tablespoons*

*Garlic mashed - 4 cloves*

*Flour - a large spoon*

*Evaporated milk - tray*

*Cream cheese - 500 grams*

*Chicken broth - quarter cup*

*Salt & Black Pepper*

*Preparation:*

- 1. To prepare the sauce, melt the butter in a saucepan over medium heat and fry the garlic for two minutes.*
- 2. Add the flour and stir then Pour the milk gradually with the continuous mixing until the mixture thickens.*
- 3. Add cream cheese and chicken broth and then put a pinch of salt and black pepper*

4. Grease a tray with olive oil and place shrimp pieces in it then bake at 180 degrees for 8 minutes until the color changes and cooked.
5. Boil pasta in salted water according to the instructions on the package and drain it.
6. Sprinkle the tray with a little bit of spray oil, then put the pasta and pour the sauce.
7. Put shrimp on top, Pour grated cheese and then Enter the tray to a pre preheated oven at 180 ° C until it melts.