



Low fat, dairy & gluten free Béchamel Sauce (white sauce)

A Roux or Béchamel Sauce (also known as a white sauce) is the basis of many dishes like Tuna Mornay, Macaroni and Cheese, Creamy Carbonara and Lasagne. This one is for those who can't have a traditional white sauce. Enjoy!

nut-free gluten free vegetarian soy-free dairy-free

Preparation time: 5 minutes

Cooking time: 18 minutes

Serves: 4 or enough for one large baking dish

Ingredients

- 3 Tbsp Nuttelex
- 3 Tbsp plain flour
- 400ml can light coconut milk
- 2 tsp nutmeg powder
- 2 tsp paprika power (optional)
- Sea salt & freshly ground pepper to taste (approx ½ tsp)



Preparation

1. Use a dry pot and place it on the stove over low-medium heat. Add the Nuttelex and once melted, slowly whisk in the flour using a whisk (be careful of splatter if using an electric whisk). Keep whisking until all the flour is added and the mixture is bubbly smooth, 3 to 5 minutes.
2. When the roux turns the colour of caramel, add the coconut milk and continue whisking until it thickens, at least 5 minutes. Add the nutmeg and paprika (if using), taste and add salt and pepper (if needed) to the roux. Whisk until everything is combined and the sauce is smooth, about 3-5 minutes more. Pour immediately over your dish of choice.

Hints

1. To turn this Béchamel Sauce into a Cheese Sauce – add approximately 60g of finely grated strong cheese (e.g. Parmesan or Pecorino – from sheep's milk) at the same time as the milk.
2. To make a Parsley Sauce – add approximately 3 tablespoons of finely diced fresh parsley along with the other spices.