

Béchamel sauce with the thermomix

2 min	2 min 7 min	2 min 7 min 9 min	2 min 7 min 9 min 1/10
2 min 7 min 9 min 1/10 7	2 min 7 min 9 min 1/10 7 4	2 min 7 min 9 min 1/10 7 4 18	

2 min 7 min 9 min 1/10 7 4 18

500g of milk
30g of flour
40g of butter
1 egg yolk
1 pinch of salt
1 pinch of pepper
Nutmeg

**500g of milk
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To make this quick béchamel sauce :

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Put all the ingredients in the thermomix.

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Put the measuring cup on.

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Program your thermomix robot for 7 minutes, at 100°C, speed 3.

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When it beeps, remove the measuring cup where it will continue to cook.

This easy béchamel sauce is ready. Cook it especially with a good recipe for cabbage gratin like the thermomix cauliflower gratin or the thermomix broccoli gratin, in which this cornstarch-free thermomix béchamel sauce is ideal