



Bechamel sauce Suitable for Celiacs

Ingredients

Milk

250 c.c.

Salt and pepper

to taste

Nutmeg

½ coffee spoon

Cornstarch Custard

1 tbsp.

Butter

1 tbsp

Oil

3 tbsp.

Preparation:

Melt the butter for 40 seconds in the MiniSouflee Add Cornstarch Custard and stir. Pour the oil and continue stirring until the preparation gets homogeneous. Use the TartaExpress to add the milk, salt, nutmeg and pepper and stir once more. Cook for 1 ½ minute. Once a minute has been completed, uncover the TartaExpress and while beating the milk with a fork or beater, add the butter preparation. Continue beating for 30 seconds. Cook at full power at the microwave for another minute and stir when half cooked. Use gluten-free ingredients.

