

Béchamel Sauce

2 tablespoons vegan butter (such as Earth Balance)	2 cups coconut milk (15% fat)*
2 tablespoons all-purpose flour	1 teaspoons salt
	$\frac{1}{4}$ teaspoon ground nutmeg

In a medium saucepan, heat the vegan butter over medium-low heat until melted. Add the flour and stir with a whisk until smooth. Over medium heat, cook, stirring slowly, until the mixture turns a light, golden color, about 5 minutes.

Meanwhile, heat the coconut milk to a simmer in a separate pan. Do not let it boil. Gradually add the hot coconut milk to the vegan butter mixture, whisking continuously until very smooth. Bring to a boil. Cook about 10 minutes, stirring constantly, then remove from heat. Season with salt and nutmeg, and set aside until ready to use.

*other nut or grain milk can substitute. I prefer the texture and consistency of coconut milk.

Variations: Small Sauces

Cream Sauce: Substitute 1 cup heavy coconut cream (20%) for 1 cup of the milk.

Cheddar Sauce: To finished sauce, stir in 1 tablespoon of nutritional yeast (NOT baking yeast - huge difference!), $\frac{1}{2}$ teaspoon dry mustard powder, and 1 teaspoon soy sauce. Optional: add the contents of one butyric acid capsule and/or $\frac{1}{2}$ teaspoon of lactic acid.

Aurora Sauce: To finished sauce, stir in 2 oz. tomato paste.

Soubise Sauce: To finished sauce, stir in $\frac{1}{2}$ cup caramelized onions.

Eggplant Soubise: To finished sauce, stir in $\frac{1}{2}$ cup caramelized onions and 1 cup eggplant puree.