



## Béchamel Sauce

2 cups

Ingredients:

3 TBS. butter

3 TBS. all purpose flour

2 cups whole milk, room temp.

1/4 tsp. nutmeg

salt and pepper In heavy bottomed sauce pan heat over medium heat. Melt butter, add flour and stir to form a roux. Cook for 3-4 minutes on low heat. DO NOT BROWN ROUX. Remove pan from heat and pour in 1 cup room temp milk, whisking continually. Add remainder of milk and mix thoroughly. Increase heat to medium high and bring to boil, stirring continually until desired thickness.

Remove from heat and loosely cover with plastic wrap touching sauce all over until ready to use. This prevents a "skin" from forming on top of sauce.

May be refrigerated overnight.