

# Béchamel Sauce

**Ingredients:**

*5 Tablespoons butter*

*4 Tablespoons flour*

*3 cups milk*

*2 teaspoons salt*

*1/2 teaspoon freshly grated nutmeg*

**Instructions:**

In a medium saucepan, heat butter until melted. Add flour and stir until smooth. Over medium heat, cook until light golden brown, about 6 to 7 minutes.

Meanwhile, heat milk in separate pan until just about to boil. Add milk to butter mixture 1 cup at a time, whisking continuously until very smooth. Bring to a boil and cook 30 seconds. Remove from heat. Season with salt and nutmeg. Can be refrigerated until needed.

*Makes 3½ cups*