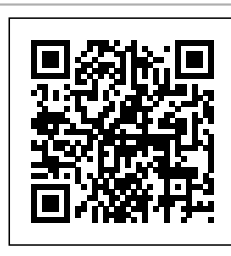


# Bechamel Sauce



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Recipe by: Laura Vitale

*Makes 4 Cups*

**Prep Time: minutes**

**Cook Time: minutes**

## Ingredients

\_\_ ¼ cup of Butter

\_\_ ¼ cup of Flour

\_\_ 4 cups of Whole Milk

\_\_ Freshly Grated Nutmeg

\_\_ Salt and White Pepper

1) Add the milk in a small saucepan and bring to simmer.

2) In a large sauce pan over medium heat add the butter and let it melts. Add the flour and stir until the flour is incorporated in the butter, cook for a couple minutes or until there are no lumps.

3) Slowly add the warm milk while whisking and cook for a few minutes or until the milk has thickened, stirring the whole time.

4) Season with a touch of fresh grated nutmeg and salt and white pepper to taste.

5) Turn off the heat and place it in a large bowl. Place a piece of plastic wrap directly over the cream sauce to keep a skin from forming. Refrigerate until ready to use.

