

# *Béchamel sauce*

## *Ingredients*

1 tablespoon spoon of margarine  
1 tablespoon flour  
1/2 l of milk  
salt, pepper, nutmeg

## *Preparation*

Heat the milk for 2 minutes in the microwave  
Melt the margarine in a saucepan over low heat (without boiling)  
When the margarine has melted, add the flour and stir out of the heat.  
When the mixture is homogeneous, add the milk little by little to the saucepan, on the heat.  
Increase fire power (medium fire) and stir constantly. Salt and pepper, add the nutmeg.  
Béchamel is ready when the mixture becomes thick.