

# *Béchamel Sauce*

## *Ingredients*

1 heaping tablespoon of margarine  
1 heaping tablespoon of 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 off the heat.  
When the mixture is homogeneous, add the milk little by little to the saucepan, over the heat.  
Increase the heat to medium heat and stir constantly. Salt and pepper, add the nutmeg.  
The béchamel is ready when the mixture becomes thick.