

## Besciamella Sauce

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Prep Time:	--	Level:	Serves:
Inactive Prep Time:	--	--	--
Cook Time:	--		

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### Ingredients

- 5 tablespoons butter
- 4 tablespoons flour
- 3 cups milk
- 2 teaspoons salt
- 1/2 teaspoon freshly grated nutmeg

### Directions

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 and bring to a boil. Cook 30 seconds and remove from heat. Season with salt and nutmeg and set aside.

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