

Bechamel Sauce

Ingredients

4 T butter
4 T unbleached flour
1 C milk
1 C half and half
1 tsp salt
1/8 tsp white pepper
1/8 tsp nutmeg



Directions

Melt butter in a saucepan, add unbleached flour. Whisk together, and then add milk and half and half. Continue cooking on low heat, whisking constantly until thick. Season with salt, white pepper and nutmeg.