

## BECHAMEL (WHITE SAUCE)

### Ingredients

<i>100 grams of butter</i>	<i>750</i>
<i>100 grams of flour</i>	<i>350</i>
<i>1 liter of milk</i>	<i>600</i>
<i>salt, pepper and nutmeg as prefer</i>	
<i>total calories (about)</i>	<i>1700</i>

### Preparation

It was invented in France back in the '700, by Louis XIV's Marquis Louis de Béchamel, Maitre d'Hotel.

Put 100 grams of butter in a casserole. Make it melt on a low flame and add 100 grams of flour (type 00).

Stir it with a whisk making all the lumps melt and then add 1 liter of water, very slowly.

Go ahead with the cooking, keep on stirring till you obtain the wanted thickness.

At this point, take the casserole away from the burner and add salt, pepper and nutmeg.

*If you want it thicker, add more flour. On the contrary, if you want the béchamel more fluid, add the milk or the cooking.*