

## Béchamel sauce

Le ricette di cucina di JoAnn DePace

Courtesy of Le Boscarecce Villa



Béchamel sauce was invented in Italy, the original “Biancomangiare” which is a sweet version, made with almonds, dates back to Maestro Martino. He wrote a book called “Libro de arte conquinaria” written in vernacular (1450)

Servings: 8

Preparation Time: 5 minutes

Start to finish time: 10 minutes

### Ingredienti

2 ounces butter, melted

2 ounces flour, white

5 cups milk

½ teaspoon nutmeg

1 teaspoon salt

### Come fare

Melt the butter over low heat.

Sprinkle the flour on it and stir until smooth, cook for 1 minute.

Add the milk gradually stirring to avoid lumps.

Cook for 10 minutes.

When the sauce becomes creamy add the nutmeg and salt.

**Buon Appetito!**

Please send recipes, comments and suggestions to

[recipes@lasocietaitaliana.org](mailto:recipes@lasocietaitaliana.org)

(c) copyright La Societa Italiana, Inc. 2005