

Basic Bechamel Sauce

Amount	Measure	Ingredient - Preparation Method
1	cup	butter - room temp
1/2	medium	onion - finely diced
10	cups	whole milk
3/4	teaspoon	iodized salt
3/4	teaspoon	white pepper
1/2	teaspoon	grated nutmeg
1/2	cup	all-purpose flour

In a small saucepan over low heat, add the onion and 1/2 cup butter and saute until very soft, but do not brown. In another saucepan, scald the milk. Stir the sauteed onions into the milk along with the salt, pepper and nutmeg. Make a blonde roux by mixing the remaining 1/2 cup butter and flour in a small bowl. Add the roux into the milk and cook until it coats the back of a spoon.