

## Béchamel Sauce Recipe - Shopping List

## Serves 4

|  | 1 litre/2.1 pints of skimmed/semi-skimmed milk |
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|  | $100 \mathrm{~g} / 3.5 \mathrm{oz}$ butter |
|  | $60 \mathrm{~g} / 2 \mathrm{oz}(4$ tablespoons) plain/all purpose flour |
|  | Half a teaspoon of grated nutmeg (ideally fresh) |
|  | Salt |

