



Recipe Name **Otway Pasta Company Béchamel Sauce
(gluten free)**

Ingredients

60g	Salted Butter
30g	All purpose gluten free flour
350g	Milk
1/8 tsp	Ground Nutmeg
40g	Parmesan (finely grated)

Salt and pepper to taste

Method

In a small saucepan gently melt the butter, once melted add the flour. Stir and cook flour butter mixture for 1-2 minutes being careful not to burn the butter.

Add ½ the milk while stirring with a whisk. Once combined with no lumps add the remaining milk. Continue to cook and whisk until the sauce thickens and coats the back of a wooden spoon. Normally 8-10 minutes.

Remove from heat, add nutmeg, parmesan and salt and pepper to taste.

Continue to mix until cheese is melted.

Use to top a lasagne or add to your favourite pasta

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