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From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

## FEKER'S BÉCHAMEL SAUCE

**Yield** 3 cups

### Ingredients

- 5 tablespoons butter
- 4 tablespoons all-purpose flour
- 3 1/2 cups milk
- 2 teaspoons salt
- 4 bay leaves
- 1/2 onion sliced
- 4 cloves
- 1/2 teaspoon freshly grated nutmeg

### Directions

1. In a medium saucepan, heat the butter over medium-low heat until melted. Add the flour and stir until smooth. Over medium heat, cook until the mixture turns a light, golden sandy color, about 6 to 7 minutes.
2. Meanwhile, heat the milk in a separate pan with all the remaining ingredients until just about to boil reduce and simmer for 10 minutes. Strain the hot milk to the butter mixture 1 cup at a time, whisking continuously until very smooth. Bring to a boil. Cook 5 minutes, stirring constantly, then remove from heat. Strain again if lumpy and set aside