

## CREAM SAUCE: Béchamel.

### Ingredients

- 6 teacups milk
- 3 tablespoons butter of margarine
- 7 tablespoons white flour
- salt, pepper

### Preparation

In a small pan, heat the milk to boil and then keep it warm.

In a medium pan warm the butter to turn liquid, add the flour little by little while working fast in rotary manner with the wire (or whisk).

When heated enough add little by little the milk stirring it constantly with the wire until it turns to a fat cream.

Add salt and continue mixing until it turns to a smooth cream.

Withdraw from heat, add the yolk of an egg and mix it very quickly.

Then spread the sauce on the mousaka and put in the oven.