

This recipe is adapted from the cookbook *The Food and Wine of Greece* by Diane Kochilas.



## Bechamel

2 T of butter  
2 T of all-purpose flour  
1 c of milk at room temperature  
Salt, pepper and nutmeg to taste

Melt the butter over low heat. Add flour and stir to blend. Cook over low heat for 3-5 minutes. Slowly add milk over low heat while stirring continuously until creamy - approximately 10-20 minutes. Remove from heat and add salt, pepper and nutmeg.