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4 TBS butter
3 TBS flour
4 cups milk
¼ tsp. ground nutmeg
Salt & Pepper

Melt the butter in a heavy pot. Whisk in the flour, a little at a time. Whisk constantly for 3 to 4 minutes until flour cooks. Add the milk, whisking constantly in order to prevent lumps. Season with salt and pepper. Add the nutmeg. Whisk constantly until sauce comes to a soft boil and thickens.

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