Classic Mornay Sauce  
Recipe courtesy of Emeril Lagasse

**Ingredients**

2 1/2 tablespoons butter

3 tablespoons all-purpose flour

2 cups warmed milk

1/4 teaspoon salt

1/8 teaspoon white pepper

pinch nutmeg (optional)

2 ounces grated Gruyere Cheese

In a medium saucepan melt the butter over medium-high heat. Add the flour and cook, stirring constantly, until the roux is pale yellow and frothy, about 1 minute. Do not allow the roux to brown. Slowly whisk in the milk and continue to whisk until the sauce thickens and comes to a boil, about 2 to 3 minutes. Reduce the heat to a simmer and season with the salt, pepper and nutmeg. Allow to simmer for 2 to 3 minutes. This is now called a bechamel sauce, and may be used as is to top any number of dishes.

Stir in the cheese and whisk until melted. If the sauce seems to thick, thin with a little milk.

The sauce is now called a Mornay Sauce.