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Black Olive Bechamel

By Susie Iventosch

INGREDIENTS

3 tablespoons unsalted butter, divided
1/4 cup amaranth flour (a high-protein, gluten-free flour, available by Bob's Red Mill)
1 pint whole milk (or plain unsweetened nut milk for a dairy-free option)
Pinch of sea salt
Pinch of freshly grated nutmeg
1 ounce pitted Nicoise or Kalamata olives, diced
1 ounce pitted Spanish green olives, diced
1 garlic clove, peeled and smashed

DIRECTIONS

1. Heat a sauté pan, add 2 tablespoons of the butter, and allow it to melt. Sprinkle in amaranth flour and stir vigorously with a wooden spoon until "roux" is lightly browned and has a nutty aroma.
2. Whisk in the milk in a slow steady stream, then add the salt and nutmeg and continue stirring until sauce begins to thicken.
3. Mash olives and garlic clove in a mortar and pestle until smooth and whisk into the sauce. Add a remaining tablespoon of butter and adjust seasoning to taste.
4. To serve, place a spoonful of bechamel sauce over fish, chicken, pasta or veggies.

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