



THE PERFECT WHITE SAUCE

Makes 2 cups

Use as a sauce base, in lasagna, over vegetables etc.

**HOT
TIP**

Ingredients

- 4 Tbsp Butter, salted
- 4 Tbsp Flour, cake
- 2 cups Milk, full cream, warm
- 1/4 tsp Salt, fine
- Pinch White pepper

Method

1. Add the butter to a heavy-bottomed sauce pan and allow to melt.
2. Add the flour and cook, white stirring with a wooden spoon for 2-3 minutes.
3. Add the milk and whisk until smooth.
4. Allow to simmer for 3 minutes while continuously stirring.
5. Add the salt and pepper and simmer for another 2 minutes.

Once cooked, add 1/2 cup of grated cheese and a 1/2 tsp of smoky paprika for a smoky cheese sauce