

Becky Makes...

CHEESE SAUCE (ROUX METHOD)

This is one of those core components of a number of different dishes. Try it in your Lasagne or pour it over cooked pasta or vegetables which are then finished in the oven for Macaroni or Cauliflower Cheese



50g Unsalted Butter or Margarine
1 clove Garlic, peeled and finely chopped) optional
1 teaspoon Dry Mustard Powder) optional
70g Plain Flour
500ml Milk
200g grated Cheddar Cheese
Salt and pepper to season

Cook on the hob in a medium saucepan

1. Melt the butter/margarine in the saucepan over a low heat
2. Stir in the mustard and garlic (if using) and cook gently for 2 minutes
3. Add the flour and cook for 2-3 more minutes, stirring well. As it cooks it should form into a ball which rolls around the pan.
4. Off the heat begin to add the milk, about 2 tablespoons at a time, stirring thoroughly before each addition. Gradually the mixture will slacken.
5. When half the milk has been added, add the rest all at once and stir well
6. Return the pan to a moderate heat and stir thoroughly until the mixture becomes thick and creamy.

NOTE: If it seems too thin add 1 tablespoon cornflour mixed with 2 tablespoons of COLD milk and stir over the heat until it thickens

7. Off the stir in the grated cheese and season with salt and pepper to your taste

For a Demonstration of this recipe find me on YouTube

[Becky Bakes... Cheese Sauce \(Roux\) - YouTube](#)