

RECIPE: HOW TO MAKE A CREAM BASED SAUCE

Making a cream based sauce is a great tool to have in your kitchen skills tool box. Sometimes referred to as a white sauce, or bechamel, this starts with a “roux”, which is a mixture of flour and fat, then the addition of milk or cream.

Once you have a white sauce made, you can add small twists to take it to the next level. Adding shredded cheese, for example, turns a white sauce into an alfredo sauce.

These beautiful and simple sauces can be added to potatoes, pasta, on top of meats, veggies and more!

TOOLS

- Small to medium sized saucepan
- Whisk
- Spatula

INGREDIENTS TO MAKE A WHITE SAUCE

- 2 tablespoons butter or margarine
- 2 tablespoons all purpose flour
- 1 cup milk (can also use a evaporated canned milk), heavy cream, + milk beverage alternatives
- Option to make it richer: 1/3 cup whipping cream
- Salt + pepper

DIRECTIONS

1. Melt the butter in a saucepan over medium-low heat.
2. Once melted, sprinkle in your flour and stir for a few minutes until it forms a doughy ball. You can switch to a spatula at this point, if it's easier.
3. We ultimately want to see it thicken up and we want to cook the "raw" out of the flour before we add the liquid. Watch the heat because we don't want to turn the flour/butter golden in colour. The goal is to cook it slightly while still keeping the white colour.
4. Slowly drizzle in your milk, whisking constantly over medium heat for a few minutes. When the first few bits trickle in, it will catch and be SUPER thick, but as you continue to add more, it will thin out.
5. Keep whisking until you have a nice smooth consistency.
6. Add a pinch of salt and pepper and taste.
7. If you wish to make it fancier, add in $\frac{1}{3}$ cup of heavy cream, continue to cook another minute or so and then season and taste again.
8. Some white sauces add a tiny pinch of nutmeg, but not necessary.