






EASY CHEESY SAUCE

-  Serves: 4
-  Prep: 5 mins
-  Cooks in: 5-10 mins

Ingredients

- Cheese (all varieties)
- 2 shallots or 2 onions
- 2 bay leaves
- 3 cloves
- 1 – 1.25 pints milk
- 25g butter
- 25g flour
- Tsp English mustard

Method

- 1** Peel and roughly chop the shallots.
- 2** Put the milk in a pan on a medium heat and add the chopped shallots, bay leaves and cloves.
- 3** Melt the butter in a second pan on a medium heat.
- 4** Add the flour into the butter and stir.
- 5** When the flour is fully mixed with the butter add a small amount of the milk and mix thoroughly.
- 6** Continue to add the milk in small quantities stirring continuously until you reach a sauce consistency.
- 7** Add grated cheese and season to taste.



Chef's Tips

Use a whisk if the sauce starts to get a bit lumpy
The cheese may thicken the sauce so you may want to add a little more milk
Add a teaspoon of English mustard to really bring out the flavour of the cheese!

Why not..?

Use this white sauce in your next lasagne?

Variations

The basic white sauce is very versatile.
For example you could easily adapt it to make a:
Caper or parsley sauce – to serve with fish
(or in a fish pie)
Onion sauce – to serve with gammon
OR add it to cooked pasta with pancetta or tuna for a pasta bake - and its great too for macaroni and cauliflower cheese.

* Freezer Advice

The basic sauce will keep in the fridge for a few days and is also suitable for freezing.

✓ Vegetarian Options

The basic sauce is suitable for vegetarians.

🌾 Allergy Advice

Contains dairy and gluten. Dairy and gluten free sauce mixes are available and can be used for many similar recipes.

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