

Making a Savoury Sauce



Melt 25g butter.



Stir in 25g plain flour.



Whisk the flour and butter together to form a paste.



Gradually add 250ml milk, stirring constantly as it thickens. Simmer for 2 minutes.



Add optional ingredients, such as parsley, dried herbs, cheese or mustard, if desired.

Ingredients

25g Plain Flour
25g Butter
250ml Milk
50g Strong Cheese

Optional: Ham, Sweet corn, Mushrooms, spring onion, herbs or your own choices.