



This white sauce I learned years ago in home economics ‘equal amounts of butter and flour girls’, I can still remember been drilled into us!

This sauce is great for a side dish or add to bakes, moussakas, pasta dishes and lasagnes.

INGREDIENTS:

- 25g plain flour
- 25g butter
- 200ml plus of low fat milk

METHOD:

- Melt the butter in a saucepan.
- Remove from the heat and fold in the flour bit by bit stirring all the time to for a ‘ROUX’ or paste.
- Add 100ml of low fat milk to start.
- Using a whisk return to a very gentle heat whisking the sauce removing all lumps and working to a smooth mixture.
- Continue to add the milk in small amounts until you find a nice medium consistency.
- Remove from the heat
- Options: Add 1-2 tsp of wholegrain mustard / chopped fresh parsley / grated cheese / chopped fresh dill .
- You can make a variety of white sauces here but without the chemical additives and flavourings from a packet sauce.