

Cream Sauce

1/4 stick of butter

2 tbs. flour

2 cups of milk

1/4 tsp. Salt

1/4 tsp. Pepper

1/4 tsp. Nutmeg

In a pot, heat butter and add flour mixing with a wooden spoon. You are making a classic Rue. The flour will turn light brown. When all the butter and flour are incorporated, add the milk, slowly whisking continuously. Add salt, pepper and nutmeg. Whisk till desired thickness. (The longer it simmers, the thicker it will get)

You can use this for Creamed spinach, peas and carrots

Double this recipe when making my Thanksgiving Pot Pie Recipe.