

Make a white sauce!

A white sauce is the basis for so many dishes and you can make it without using butter and margarine! It's not as difficult as you think!

Ingredients

300ml of semi-skimmed milk

2 tbsp plain flour

Pepper to taste

Method

Put milk and flour into small pan, whisk continuously over a medium heat until the sauce begins to thicken.

Add pepper to taste and allow to cook very gently for 5 minutes on the lowest heat possible.

Try-

Adding 50g of mature strong cheddar (or any other hard cheese) to make a cheese sauce for macaroni cheese, cauliflower cheese, lasagne or mince and pasta bake.