



Take a white sauce...

A basic white sauce is easy to adapt and has lots of uses in cooking. This recipe sheet explains how to make a basic white sauce, how to flavour it in different ways and then include it in a range of dishes using simple, medium and more advanced cooking skills.

Organisation and skill: ★★★ (Easy)

Cost: ★★★ (Low cost)

Community involvement: children under supervision, young adults, families, older people

Equipment: ★★★ (Basic)

Equipment

- Measuring scales
- Measuring jug
- Table knife
- Tablespoon
- Teaspoon
- Small saucepan
- Wooden spoon
- Hand whisk

Ingredients (for a sauce with a coating consistency)

- 25g butter (or non-dairy spread)
 - 25g plain flour
 - 250ml semi-skimmed milk (or non-dairy milk substitute)
 - salt and pepper
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Cooks tip

This makes a sauce with a coating consistency.

If you want a thinner sauce for pouring, reduce the butter and flour down to 15g.

For a very thick sauce, used to bind other ingredients together, called a panada, increase the butter and flour to 40g.

How to make it

Roux Method

The traditional method for a shiny, smooth sauce

- 1 Melt the butter in the saucepan over a medium heat.
- 2 Add the flour and stir with a wooden spoon over the heat for 1 minute. This cooked flour and butter is called a roux.
- 3 Take the pan off the heat. Pour in the milk a little at a time and mix it well to prevent lumps forming. You can do this with the wooden spoon or swap to a whisk.
- 4 Return the sauce to the heat and keep stirring until boiling. Don't let the sauce burn on the base of the pan.
- 5 Lower the heat and simmer for 2-3 minutes to thoroughly cook the flour. Season with salt and pepper.



All-in-one Method

A quick method using a whisk

- 1 Place the milk, flour, and butter in the pan.
- 2 Cook the sauce over a medium heat, whisking all the time until it boils. Don't let the sauce burn on the base of the pan.
- 3 Lower the heat and simmer for 2-3 minutes to thoroughly cook the flour. Season with salt and pepper.



Variations

Cheese Sauce



Stir 50g grated mature Cheddar cheese into the sauce after it has simmered. Add $\frac{1}{2}$ teaspoon mustard to bring out the cheesy flavour. Try different types and mixes of cheese such as blue cheese, soft garlic and herb Roulé or Emmenthal.

Parsley Sauce



10 minutes before making the sauce, finely chop a handful of parsley and place in the pan with the milk. Heat to just below boiling point then pour the milk into a measuring jug and leave it to for the flavour to go into the milk. Wash the pan before continuing.

Bechamel Sauce



20 minutes before making the sauce, pour the milk in the pan with a chunky piece of onion, 1 bay leaf, 4 black peppercorns, 2 cloves and a few fresh parsley stalks.

Heat the milk and seasonings to just below boiling point. Pour it into a measuring jug and leave it to for the flavour to go into the milk. After 20 minutes, strain the milk through a sieve to remove the flavourings before making into a sauce. Wash the pan before continuing.

Mushroom sauce



Gently fry 100g sliced mushrooms in 15g butter or a tablespoon rapeseed oil until soft. Stir into a cooked white sauce and season with lots of ground black pepper and some freshly chopped parsley or chives.

Recipe Idea 1

Difficulty: 🌱🌱🌱 (Easy)



Cauliflower Mac 'n' Cheese



Extra Equipment

- Grater
- Large pan
- Colander/sieve
- Ovenproof dish

Ingredients

- Double quantity of pouring cheese sauce (30g butter / 30g flour / 500ml milk / 100g cheese / ½ teaspoon mustard)
- 1 small cauliflower or head of broccoli, broken into florets
- 200g small pasta shapes
- 25g extra grated cheese for the top

Recipe Idea 1

How to make it

- 1 Make double the amount of cheese sauce to a pouring consistency (see method on p2-3)
- 2 Cook pasta, along with the cauliflower or broccoli, in plenty of boiling water, following cooking guide on pasta packet (between 8-12 minutes). Drain well.
- 3 Heat the oven to 200°C or Gas 6.
- 4 Mix the cooked pasta and cauliflower with the sauce.
- 5 Place the mixture in an ovenproof dish, and sprinkle on the extra cheese. Bake for 20 minutes until golden and bubbling.



 8-12 mins



 20 mins

 200°C or Gas 6



Chicken and mushroom pasties

Makes
4
pasties

Extra Equipment

- Chopping board
- Sharp knife
- Frying pan
- Rolling pin
- Fork
- Baking tray
- Pastry brush

Ingredients

- Single quantity of a coating mushroom sauce (25g butter / 25g flour / 250ml milk / 100g mushrooms / salt and pepper)
- 100g cooked chicken cut into chunks (or Quorn chunks)
- 1tsp dried herbs like thyme or tarragon
- 1 packet ready-made puff pastry
- 1tbsp flour for rolling out the pastry
- 1 egg, beaten

How to make it

Make a mushroom sauce to a coating consistency (see method on page 1) and allow it to cool. Mix the chicken or Quorn chunks into the sauce.

- 1 Heat the oven to 200°C or Gas 6.
- 2 Sprinkle flour onto a clean surface and roll out the pastry to a square measuring 30cmx30cm. Cut in half lengthwise down the middle and horizontally across the middle to create 4 smaller squares measuring 15cmx15cm.
- 3 The pasties are going to be a triangle shape, so fold each piece of pastry in half to make a diagonal crease and then lay flat again. Divide the filling equally between the 4 pieces of pastry, keeping it to one triangle side only and about 1cm from the edges.
- 4 Brush the edge of the pastry around the filling with beaten egg, then fold the top triangle down over the filling and press the edges together. To make a decorative edge, use the fork to press the edges together. Brush the top of the pasties with beaten egg (glaze).
- 5 Place the pasties on a non-stick baking tray and bake for 20 minutes until golden brown and puffed up. Allow to cool a little, then serve with a big mixed salad.



 20 mins

 200°C or Gas 6

Recipe Idea 3

Difficulty: 🌟🌟🌟 (Experienced)



Spanish-style Croqueta



Makes
12

Extra Equipment

- Chopping board
- Sharp knife
- Grater
- Baking paper
- 3 shallow bowls or plates
- Frying pan
- Draining spoon
- Kitchen roll

Ingredients

Single quantity of a thick panada sauce
(40g butter / 40g flour / 250ml milk / salt and pepper)

50g main flavouring ingredient – finely chopped. Choose from:

- ham (dry-cured ham is best)
- cooked chicken breast
- prawns
- cooked mushrooms

1 additional flavouring ingredient

- 1 tbsp chopped chives / parsley
- 1 tbsp finely chopped & cooked leeks
- 25g finely grated strong cheese

For coating and frying

- 50g flour
- 1 free-range egg – beaten
- 100g breadcrumbs made from stale bread
- Vegetable oil for shallow frying

How to make it

- 1 Make the white sauce to a thick panada consistency following the method on page 1 and allow it to cool.
- 2 Mix the main filling ingredient and additional flavour into the cooled sauce and scrape it into a bowl. Taste and season with lots of black pepper. Cover the surface of the mixture with baking paper and chill the bowl in the fridge for at least 1 hour.
- 3 Flour your hands to shape the croquetas. Divide the firm mixture into 12 portions and roll into oval-shaped balls. Tip! It's easier to handle and cook small croquetas.
- 4 Line up the 3 bowls, one with flour, one with beaten egg and one with breadcrumbs. Working quickly but gently, roll each ball first in flour, then in egg, then in crumbs. Put them on a tray back into the fridge for 30 minutes.
- 5 To cook the croquetas, pour oil into the frying pan about 1cm deep. Heat the oil until it begins to shimmer then add 3 or 4 croquetas at a time and fry until they are golden all over. Lift them out with a draining spoon and drain on kitchen paper. Cook another batch.
- 6 Eat straight away.



Safety point! Take care with hot oil. Avoid splashes and carefully take the pan off the heat if the oil begins to smoke.

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