

# Food skills

## White sauce

White sauce is referred to as a basic sauce. It is a mixture of flour and fat that is cooked together (called a roux), and then milk is gradually whisked into the mixture to make a sauce. The thickness of the sauce depends on the amount of milk and flour used. White sauce is used as the base for cheese sauce and creamy soups.

### Did you know

In French cooking, a traditional white sauce is called a Bechamel sauce and a cheese sauce is called a Mornay sauce.

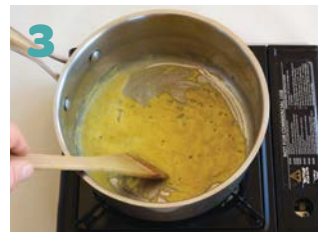
### How to



1 Heat 2 tablespoons of oil in a saucepan.



2 Add 3 tablespoons of flour.



3 Stir and cook for approximately 1 minute.



4 Turn the heat off. Gradually add the milk in small amounts.



5 After each addition of milk, mix until smooth.



6 Continue until all the milk has been added.



7 Mix until smooth.



8 Return to a low heat and bring to a simmer, stirring all the time until thick. Season with pinch of salt and pepper.



## Cheese sauce (serves 4)

### Ingredients

- 2 tablespoons oil*
- 3 tablespoons flour*
- 2 cups milk*
- 1 cup cheese, grated*
- Pinch salt*
- Pepper*
- 1 head broccoli, cut into bite-size pieces*
- 1 head cauliflower, cut into bite-size pieces*
- 1 red capsicum, sliced*

### Method



Prepare the white sauce using the method on the back of the card. Stir through the grated cheese. Season with salt and pepper.



Fill a large pot with enough water so it doesn't touch the steamer. Bring to the boil then reduce the heat.



Place the steamer on top of the pot. Add the broccoli, cauliflower and capsicum. Cover and cook for 3-5 minutes.



Place the vegetables into a serving dish and serve with the cheese sauce.

For more recipe ideas and cooking tips visit  
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)