



Noreen's Kitchen

Basic Cheese Sauce

Ingredients

1/2 cup butter	1 teaspoon onion powder
1/2 cup flour	1 teaspoon garlic powder
2 cups milk	1/4 teaspoon ground nutmeg
2 cups sharp cheddar cheese	1 teaspoon Worcestershire sauce
1/4 cup grated parmesan cheese	

Step by Step Instructions

Melt butter in a heavy bottomed sauce pan over medium heat.

Add flour and stir to combine, allowing the flour and butter to cook slightly to allow the flour to lose the it's raw flavor. This will create a roux.

Slowly pour milk into the pan with the roux.

Whisk the flour and milk mixture and continue stirring until it has become smooth and thickened.

Add seasonings and stir to combine.

Add in both cheeses and stir until melted and smooth.

At this point you can decide if the sauce is the right consistency for you. If it is too thick, add a bit more milk a tablespoon at a time or if it is too thin, add a bit more cheese.

Remove from heat and serve as desired.

I use this cheese sauce as a base for AuGratin potatoes, macaroni and cheese and beer and cheese soup.

Enjoy!