

White sauce

Ingredients

- 25g/1oz butter
- 25g/1oz plain flour
- 600ml/1 pint milk
- salt and white pepper

Preparation method

1. Melt the butter in a saucepan.
2. Stir in the flour and cook for 1-2 minutes.
3. Take the pan off the heat and gradually stir in the milk to get a smooth sauce. Return to the heat and, stirring all the time, bring to the boil.
4. Simmer gently for 8-10 minutes and season with salt and white pepper.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Makes 1 pint