

White Sauce

Ingredients

- 1/2 cup butter or margarine
- 4 tbsp cornstarch
- 1 tbsp minced garlic
- 3 cups milk (or almond or soy milk)
- nutritional yeast (optional)
- onion powder (optional)

Method

1. Melt butter in a saucepan and stir in minced garlic to sauté it.
2. Add cornstarch and mix to form a roux.
3. Add milk and bring to boil while whisking to thicken.
4. Add nutritional yeast and onion powder to taste for additional umami.

Variations

Add cheese while boiling to make a cheese sauce.

Revision #1

Created 10 December 2024 15:47:43 by Anna Pardee

Updated 10 December 2024 15:54:18 by Anna Pardee