

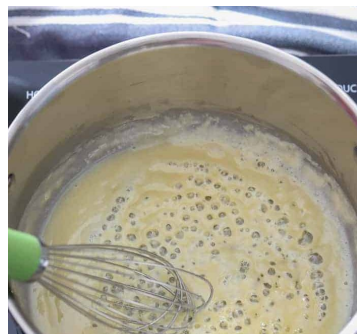
Make a roux (pronounced 'roo'). It's a basic sauce, that can easily be transformed with simple ingredients, such as herbs and cheese (my personal favourite is mustard and tarragon). Make sure there's an adult to supervise you, but I think you'll be amazed just how easy it is!

What is a Roux?

A roux is a combination of equal parts flour and fat, the most common being butter (or meat drippings). When you make a roux, if you cook it long enough, the flour will brown adding great flavor to your sauce or dish.

1. Melt Butter and Add Flour

Start your roux by melting butter (or fat such as drippings) in a saucepan and whisk in flour until smooth. Allow it to bubble for at least 1 minute while mixing. This will eliminate any floury flavors. For a blonde roux, allow it to cook a minute or so.



2. Add Liquid (Usually milk)

Once you have cooked the flour mixture to your liking (most white sauces or cheese sauces use a light or white roux) begin adding liquid while whisking a small amount at a time.

Reduce the heat to low and begin adding the liquid a little at a time. Stir until smooth after each addition.

You will get a paste like texture at first, add a bit more liquid and whisk until smooth and completely free of lumps. Continue this process until you've incorporated the liquid.

Now that you have a nice roux as a base, add the rest of the ingredients for your sauce along with seasonings (or add your roux into your dish to help thicken it). Allow the mixture to bubble for at least one minute while whisking.

Keep in mind that cheese shouldn't be boiled/simmered as it will separate and break. If you are adding cheese, remove the sauce/dish from the heat and add cheese while still hot. Stir to melt.

Want to see how Gordon Ramsey does it? Use the link below:

<https://www.youtube.com/watch?v=9aeCJGmEXqE>