

Generic Cheese Sauce

- 1/2 stick butter
- 1/4 cup all-purpose flour
- 2 cups cold milk (if you want it thicker, use less milk)
- pinch ground nutmeg
- pinch chipotle powder
- 8 ounce shredded melty cheese (cheddar, Monterey jack, whatever)
- salt to taste
- optional: other seasonings (e.g., chives, parsley, marjoram, separately cooked peas or onions, sour cream)

Melt butter over medium-low heat.

Once butter starts to foam, add all-purpose flour. Stir with whisk, forming a roux.

Keep stirring about 5 minutes. Will smell toasted but will be unbrowned.

Whisk in half a cup of the cold milk.

Whisk in the remainder of the milk. Turn heat to low.

Whisk in nutmeg and chipotle powder. Simmer, stirring, about 10 minutes.

Turn off the heat. Add about 1/3 of the cheese, and whisk in until all melted in.

Whisk in the next 1/3 of the cheese, and whisk until all melted in.

Whisk in the remaining 1/3 of the cheese, and whisk until all melted in.

Whisk in the salt, and any other seasonings.

Serves: about 3 cups of cheese sauce

Preparation time: 20 minutes

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