

Parsley Sauce *Week 4*

Ingredients

25g/1oz butter

25g/1oz plain flour

600ml/1 pint milk

salt and white pepper

4 tbsp finely chopped parsley

Method

Melt the butter in a saucepan over a medium heat. Stir in the flour and cook for 1-2 minutes.

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.

Simmer gently for 8-10 minutes and season with salt and white pepper.

Stir in the parsley and serve.