

# Cheese sauce



## Ingredients

### Serves 4

2 tablespoons oil

3 tablespoons flour

2 cups milk

1 cup grated cheese

pinch salt

pepper to taste

## Method

1. Heat oil in saucepan over medium heat and add flour.
2. Stir and cook for approximately one minute.
3. Gradually add milk in small amounts, mixing until smooth after each addition.
4. Continue until all milk has been added.
5. Return to a low heat and bring to a simmer, stirring often until thick.
6. Stir through grated cheese. Remove from heat.
7. Season with salt and pepper.

## Serving suggestions

- Serve over steamed seasonal vegetables, e.g. broccoli, cauliflower, courgette, kumara, beetroot, green beans.
- Use in macaroni cheese.

## Equipment

-  Grater
-  Measuring cups
-  Measuring spoons
-  Saucepan
-  Wooden spoon

## Preparation and cooking skills

Grate, make sauces from scratch, mix, simmer, stir.

## Nutrition

- Milk, yoghurt and cheese are a good source of minerals like calcium which helps you to build strong bones.
- People with a dairy allergy or intolerance can look for dairy substitutes like calcium-fortified soy/rice/almond milk and tofu.