



**HEALTHY FOOD  
FOR ALL**

## Cream Sauce & Gravy

Spoon it over cooked vegetables and meats or create an easy casserole.

Make a batch – your sauce can be frozen in small containers for quick use later.

### Tips:

- Flour must be cooked fully in the butter to remove the taste of starch. If Gluten Free look for recipes with cornstarch as the thickener.
- Milk or broth should be hot when adding (do not burn the milk, just warm it fully)
- Onion, garlic and/or mushrooms at beginning can be skipped
- Nutmeg, yellow mustard or mustard powder, herbs, and many other flavors can be added towards the end of a cream sauce for variety. Add a bit and taste.
- Also notice that you can mix the two types of sauces by adding a little broth and a little warmed cream or milk as well.

## Cream Sauce

This used to be one of the first lessons in home economics classes; invariably white and pasty, it coated many a bland dish. When well made, however, it has a proper place in homey, creamed dishes, often making leftovers stretch or giving cooked foods new life. And it is important as a base for soufflés. The French term for this medium-thick white sauce is béchamel. The foolproof way to attain a perfectly smooth sauce is to have the milk hot when added to the butter and flour. It uses an extra pot, but as you become more proficient, this cautionary measure may not be necessary.

**YIELD:** Makes about 1 cup

### INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons flour
- 1 1/4 cups milk, heated
- Salt
- Freshly ground pepper

### PREPARATION

Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown — about 2 minutes. Add the hot milk, continuing to stir as the sauce thickens. Bring it to a boil. Add salt and pepper to taste, lower the heat, and cook, stirring for 2 to 3 minutes more. Remove from the heat. To cool this sauce for later use, cover it with wax paper or pour a film of milk over it to prevent a skin from forming.

#### **Cheese Sauce.**

Stir in 1/2 cup grated Cheddar cheese during the last 2 minutes of cooking, along with a pinch of cayenne pepper.

#### **How hot should the milk be?**

Warm the milk on low heat just until little bubbles begin to form at the edges. Then remove from heat.

## Gravy

A butter and flour roux with broth added will make a good, simple sauce, especially if the broth is homemade. All other ingredients here are optional.

### **BEST Brown Mushroom Gravy (from scratch)**

Easy to make with a wonderful depth of flavor!



4.73 from 22 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: condiment, Gravy, Sauce    Cuisine: Gravy    Servings: 6 servings  
Calories: 151kcal    Author: Kimberly Killebrew

#### **Ingredients**

- 2 tablespoons butter, bacon grease, lard or beef drippings
- 1 yellow onion ,finely chopped
- 1 clove garlic ,minced
- 16 ounces fresh mushrooms of choice (I used button mushrooms in the photos) ,cleaned and sliced
- 4 tablespoons unsalted butter
- 4 tablespoons all-purpose flour
- 2 cups strong beef broth
- 1-2 teaspoons balsamic vinegar (according to taste)
- 1/2 teaspoon sea salt plus more to taste
- 1/2 teaspoon sugar
- 1/4 teaspoon dried thyme
- 1/4 teaspoon freshly ground black pepper
- Optional: For a creamy gravy, add a few tablespoons of heavy cream at the end

#### **Instructions**

1. Melt the butter (or bacon grease, lard or beef drippings - any of these will yield the most flavor) in a pan over medium-high heat and fry the onions until beginning to brown. Add the garlic and cook another minute.
2. Add the mushrooms and cook 5-7 minutes or until golden and the liquid from the mushrooms has evaporated.
3. Add the butter and melt. Add the flour, stir to combine and cook for about 2 minutes, stirring continually.
4. Add the beef broth, vinegar, thyme, sugar, salt and pepper. Whisk continually until the gravy is thickened. Cover and simmer on low, stirring occasionally, for 5-10 minutes. Add salt and pepper to taste. If you prefer the gravy thinner add a little more water (or heavy cream if using)

#### **Notes**

\*\*If using this gravy for German Jägerschnitzel and you prefer a more basic, traditional gravy, omit the balsamic vinegar and thyme.

Calories: 151kcal | Carbohydrates: 8g | Protein: 4g | Fat: 11g | Saturated Fat: 7g | Cholesterol: 30mg | Sodium: 530mg | Potassium: 310mg | Fiber: 1g | Sugar: 2g | Vitamin A: 350IU | Vitamin C: 3.1mg | Calcium:

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