

Cheese Sauce

To make a simple cheese sauce, prepare the [General Purpose White Sauce](#) (below). Add ½ - 1 cup of grated Sharp Cheddar, Monterey Jack or other sharp cheese or combination of cheeses. Stir constantly until cheese melts. Use as a cheese sauce over veggies, as a cheese fondue, or add 1/4 cup of finely chopped jalapeno peppers to make a Nacho Cheese Sauce for your favorite tortilla chips.

Gravy (meat based)

Remove meat from pan and keep warm. Next, remove all the drippings from the pan, except for 2 Tbs. Stir in 1 to 2 Tbs. of ChoiceBatter™ to pan. Continue to stir constantly over low heat. When mixture is silky smooth and bubbling, stir in remaining drippings and salt and pepper to taste.

General Purpose White Sauce

Follow these basic recipes to prepare a white sauce that can be used to enhance the flavor of steamed veggies like asparagus, broccoli and cauliflower, or as a creamy sauce for noodles and pasta. The recipe below is for a medium general purpose white sauce. For a thin sauce use 1 tbsp of butter and 1tbsp ChoiceBatter™; for a thick sauce, use 3 tbsp of butter and 3 tbsp ChoiceBatter™.

Ingredients:

2 tbsp unsalted butter

2 tbsp ChoiceBatter™

1 cup of milk

1/4 tsp salt

Salt and pepper to taste

Melt butter in a sauce pan. Add flour and salt and whisk until smooth. Slowly add the milk while cooking over medium direct heat, constantly stirring until the sauce begins to boil. Reduce the heat and continue stirring until sauce thickens. It's that simple. Toss with cooked noodles, pasta or veggies and enjoy!