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Basic White Sauce (Sweet)

200 mls of milk in a measuring jug
2 level table spoons of sugar
1 level table spoon of Juvela flour mix

Bring to the boil about 3/4 of the milk in a saucepan with the sugar added

Add the flour to the remainder of the milk still in the jug and mix well.
When the milk comes to the boil, pour it on to the Milk and flour in the jug.
Return to the saucepan, and bring back to the boil on a low heat, stirring continuously.
Serve immediately

Rum or brandy sauce

When the sauce has been returned to the pan, add two tablespoons of either dark rum or cheap brandy. cook as above and serve

Basic white sauce (Savoury)

Make up the sauce as above but instead of adding the sugar add a little salt and pepper to taste.

After returning to the saucepan, add a small knob of butter and stir this in before serving.

Parsley Sauce

Make the basic savoury white sauce as above adding a tablespoon of dried parsley when it has been returned to the pan.

Use fresh parsley (about two tablespoons, chopped) if this is available, in preference to the dried parsley



This recipe has been brought to you by The Cream Of Tartar Company Limited

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