

# JENNI MARIE'S TEST KITCHEN

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## Cheese Sauce

### Equipment Needed:

- 2-Cup or Larger "Pourable" Glass Measuring Cup
- Kitchen Scale
- Measuring Cups & Spoons
- Small Mixing Bowl
- Box or Rotary Cheese Grater
- Medium-Large Saucepan
- Whisk & Rubber Spatula

### Directions:

1). Gather all equipment & ingredients. Pour half & half into a pourable glass measuring cup and set aside. In a small bowl, combine salt, mustard powder, paprika, pepper, and garlic replacer (or powder), and set aside. Shred your cheese using a box or rotary grater and set aside.

- 2 C. (473ml.) Half & Half (sub 2% milk, whole lactose free milk, or heavy cream)
- 1/2 t. Kosher Salt
- 1/2 t. Mustard Powder
- 1/2 t. Paprika
- 1/8 t. Black Pepper
- 1/2 t. Low FODMAP Garlic Replacer (or 1/8 t. garlic powder)
- 12 oz. (336g.) Shredded Cheese (I use 6oz. sharp cheddar, 2oz. swiss, 2oz. American, and 2oz. and shredded parmesan, but use any type of cheese that you have on hand).

2). Melt butter in a medium saucepan on medium-high heat, watching closely. Once butter is melted and bubbling, add flour and whisk frequently for 1-2 minutes to cook out some of the starch. While whisking, slowly pour in about 1 C. of half & half, whisking constantly, until smooth. It will thicken quickly, so add the remaining cup of half & half and continue to whisk until fully incorporated and smooth. Add spice mixture and continue to whisk. Sauce should be the consistency of gravy as you begin adding the shredded cheese. If it seems too thick you can add more milk or half & half 1 tablespoon at a time to thin it out before adding the cheese.

- 3 T. (42g.) Salted Butter
- 3 T. (24g.) AP Flour (GF Flour Blend works too)

3). Make sure your sauce is quite hot (but not boiling) when you start to add the cheese. Add the shredded cheese 1/3 at a time and whisk until fully melted and incorporated before adding the next handful. It will be thick and stringy as it first starts melting, but keep whisking until it thins out, and then add the next handful. Once all the cheese is mixed in, cover and reduce the heat to keep warm until ready to use. Again, if sauce seems too thick you can add a little milk or half & half a tablespoon thin it out. Sauce will thicken as it cools. Taste test, and add more salt and pepper if desired.

*I use this cheese sauce on breakfast quiche or added to 12 oz. of cooked [elbow macaroni](#) to make delicious mac & cheese (serves 6 people). Enjoy!*

