

KIDS COOKING CLUB

Simple recipes to enjoy together

CHEESE SAUCE

Makes
1 ¼ cups
(300 mL)

Ingredients

- 1 tbsp (15 mL) butter
- 1 tbsp (15 mL) flour
- 1 cup (250 mL) Canadian milk
- 1 cup (250 mL) Canadian cheddar cheese, old, shredded
- 1 tbsp (15 mL) Dijon mustard
- Salt and pepper to taste



Directions

1. Melt the butter in a saucepan and whisk in the flour. Cook for one minute on low heat.
2. Whisk in the milk until smooth. Turn up the heat slightly and cook until milk starts to simmer and bubbles appear.
3. Add the cheese and mustard and cook until thickened, stirring often.
4. Add salt and pepper to taste.

Notes

- Add a few drops of hot sauce for a flavour boost.
- Use this sauce as a dip for popcorn chicken or chicken strips. You could also drizzle it over baked potatoes or cooked veggies.



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