

Veloute (Cream Sauce)



Serves	600ml
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Condiment , Ingredient
Misc	Child Friendly , Pre-preparable , Serve Warm
By author	Lucinda Macdougall

Ingredients

- 60g salted butter
- 4 tablespoons plain white flour
- 1.25l home made stock (refer to basics page)

Optional

- 1/4 cup cream

Directions

1. Bring the stock to the boil then set aside.
2. In a heavy saucepan melt the butter over a medium heat. Add the flour and stir firmly to make a smooth paste. Keep stirring and cook for a few minutes. Lower the heat if it starts to colour. Remove from the heat and allow to cool for a couple of minutes.
3. Put the butter and flour back onto a low heat and whisk in half the stock until you get a thick paste. Add the rest of the stock and keep stirring until it is smooth and thick.
4. Allow the sauce to come to the boil and then simmer over low heat for 5 to 10 minutes, stirring occasionally. If it's too thin cook for a bit longer. If it's too thick add a bit more stock.
5. For a richer sauce, stir in the cream.
6. Use while still warm.

Note

Low Chemical / Failsafe

Refer here for [home made stock recipes](#).