

Betty's White Cheddar Mornay Sauce/Spread



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In this video, Betty demonstrates how to make White Cheddar Mornay Sauce/Spread. This sauce is great over an open-faced sandwich, such as a Hot Brown Sandwich or in the form of a spread for a deli sandwich.

Ingredients:

4 tablespoons butter

4 tablespoons all-purpose flour

2 cups milk for spread (for a lighter sauce, use 4 cups milk)

½ cup to 1 cup shredded white cheddar cheese (½ cup makes a mild sauce, while 1 cup makes the sauce tastier.)

Salt and pepper to taste

In a medium saucepan, melt butter and slowly whisk in flour until combined and it forms a thick paste (roux). Continue to cook roux for two minutes over medium-low heat, stirring frequently. Whisk milk into the roux and cook over medium heat until the milk begins to simmer, about 2-3 minutes. Remove sauce from heat and slowly whisk in white cheddar cheese until the Mornay sauce is smooth. Add salt and pepper to taste. Let sit at room temperature or refrigerate before using as a sauce/spread for a sandwich. Refrigerate leftover sauce/spread. I will be providing a sandwich using this White Cheddar Mornay Sauce/Spread in the next upload. --Betty :)