

Pat's Cheese Sauce From Roux

An excellent cheese sauce for Hot Browns (see Pat's Hot Brown Recipe), homemade Mac and Cheese, homemade Nacho's, or any other recipe requiring cheese sauce.

Notes:

1. The French word Roux should never cause a cook to hesitate. It is exactly the same concept as sausage (or any other) gravy. The main difference is cheese sauce uses butter instead of meat fat.
2. The key to success is having everything ready before starting including the cheese shredded. The whole process moves fast. All ingredient except milk should be at room temperature. Milk should be cold. Although most roux recipes don't mention it, there is purpose in using cold milk to "shock" the hot flour/fat mixture.

INGREDIENTS:

- ¼ Cup Butter (½ Stick)
- ¼ Cup Flour
- 1 Cup Cold Whole Milk
- Spices as Required *
- 1 Cup Shredded Cheese of Choice
- ½ Tsp Lemon Juice

Directions:

1. Pour lemon juice over shredded cheese (helps prevent stinginess).
2. Melt butter in a sauce pan on low heat.
3. Add flour and mix until smooth leaving on low heat (3-4 minutes). Constantly stirring.
4. Pour cold milk into hot mixture. Increase heat to medium low. Continue stirring. In about 4 minutes you have roux!
5. Add cheese/lemon mix to roux about a ¼ Cup at a time until melted. Continue stirring.
6. After Cheese sauce is fully melted you can add as much additional cheese and milk as needed for use.
7. Optionally the cheese sauce can be refrigerated for future use.

Notes:

1. *Depending on final use of sauce, spices should be mixed with milk before pouring onto flour/fat mixture. For cheese sauce used on Pat's Hot Browns ½ Tbs Chili Powder and ½ Tbs Garlic Powder work nice. I also use extra sharp cheddar as the base cheese and add milk and a mix of more cheddar and Monterrey jack.