

recipes for contribution, & suggestions, are welcomed. (if you want credit noted, please make that clear)

rev: November 16, 2015

### Cream Sauce (good on almost everything)

line #	qty	units	ingredients	notes
1	8	oz	heavy cream (I use sour cream)	
2	4	TBLS	butter	
3	2	TBLS	flour	
4	1/2	tsp	salt	
5	1/2	tsp	black pepper	
6	1/2	tsp	Billy Goat Mountain blend # 12, # 4 or zesty	I rather like # 12.
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- 1 Put butter in hot (hot enough to boil water) skillet and let melt.
- 2 As soon as the butter is mostly liquid (not burned), add flour and mix till smooth.
- 3 Add milk gradually.
- 4 Bring mix to a boil for a couple minutes. The longer you boil it the thicker the finished liquid.
- 5 Turn off heat and add salt, pepper and spices.
- 6 This is a starter recipe. This cream sauce can be used on ALL your meats and vegetables. Use it as a dip, or pour it on.
- 7 With this sauce, you will learn all anew to like your food.

Contributed by ... Rocky

approximate serving size = varies

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