

White Garlic Sauce



Time: 15-20 Minutes

Yield: 2-3 Cups

Difficulty: Moderate

Ingredients

Equipment

¼ cup	Butter	1	Chef knife
¼ cup	All purpose flour	1	Medium sauce pan
2 cups	Milk, Half & Half or Cream	1	Small sauce pan
8 cloves	Garlic, minced	1	Spatula or Wooden Spoon
pinch	Black Pepper, ground	1 set	Measuring cups
1 tsp	Salt - kosher or sea salt	1	Whisk
pinch	Nutmeg (fresh grated is best)	1	Cheese grater
½ Tbsp	Fresh oregano or parsley, chopped		
½ cup	Parmesan, Pecorino Romano or other cheese (optional)		



Procedure

- 1** In a small sauce pan, heat milk or cream over medium heat until just boiling. Do not let the milk boil over! Reduce heat to low.
- 2** While milk is heating, melt butter in a medium sauce pan over medium heat. When butter is melted, add minced garlic and saute, stirring frequently until softened, being careful not to burn the garlic.
- 3** When garlic is cooked, add the flour to the butter and garlic mixture and cook for 1 minute to make a roux and cook out the raw flour flavor. Start adding the warm milk half a cup at a time, using a whisk to incorporate until smooth.
- 4** Add salt, pepper and nutmeg to taste. Cook on low heat for a couple minutes to thicken. If desired, add parmesan or other cheese.
- 5** Add chopped herbs and cook 1 minute longer. Remove from heat and, using a spatula, transfer to a serving bowl or container to cool.