



Roux

4 tablespoons all purpose flour
4 tablespoons butter

How to Prepare:

Add butter to a frying pan preheated on low. When the butter is melted, whisk in the flour. Add flour in stages in case it gets too thick. After about 5 minutes, you'll notice a nutty aroma. Set the roux aside at room temperature while you begin preparing your soup or sauce.

White roux is cooked for about 5 minutes, just until the flour has lost its raw smell, but before any golden color or toasted aroma develops. This roux is used to thicken chowders and milk-based sauces.

Roux is made from equal parts of flour and fat, cooked on a pan over low heat. There are three types of roux. The white and blonde roux is used for white sauces and white soups, while the brown roux is used for dark sauces and soups.