

Roux, thick and thin

Equal parts lipid and starch, in this case butter and flour. So simple I hesitate to post the recipe, but rue the day you make a gravy, soup, or sauce without a roux. Besides, I can't resist a bad pun.

“Thick” roux:

Ingredients:

4T butter

4T flour

Directions:

Melt the butter in a sauce pan and add the flour, stirring constantly while the butter bubbles and browns to a dark, nutty color (10-12 minutes).

“Thin” roux:

Make the roux as above, then add 4C hot Chicken, Beef, or Veggie Stock. Bring to a boil while whisking, then cool.