

GF Friendly

Exquisite Sauce

a creamy semi-sweet sauce for white meats

I came across this recipe ages ago and I generally tend to forget about it when I need a white sauce. Unlike a standard roux sauce, the flavouring of onion and capsicum is enhanced by frying these first, then adding the rest of the ingredients as directed below. Great for chicken, pork, veal and fish, it could also be a different topping of a boiled-egg dish such as eggs au gratin (Recipe 27); but without the cheese. Unless, of course, you wish to add that as well.

- 1 small onion, finely chopped
- ½ green capsicum, finely chopped
- ¼ tsp powdered garlic
- ¼ tsp oregano
- 1 rounded Tbsp plain flour
- 1 chicken stock cube, or 1 tsp stock powder
- a pinch of salt and pepper (optional)
- 1 tsp light-tasting olive oil
- 25g margarine or butter
- 1 cup milk
- ½ cup Sauternes, or a dry white like Riesling + 1 desert spoon of white sugar



Melt the margarine and oil over a medium heat, add the onion, capsicum and garlic powder, then cook for 5 minutes, stirring occasionally. Remove the pan from the heat, stir in the flour and cook for a further 2 minutes. Remove again and gradually stir in the milk a little at a time, avoiding lumps. Crumble in the stock cube, or sprinkle on the stock powder. Now put in the oregano plus salt and pepper if using, return to the hob and bring slowly to the boil, stirring continuously. Reduce the heat, stir in the wine; and the sugar if using a dry white; then keep this hot until ready to serve – BUT DO NOT BOIL!

I was still in the process of frying the chicken at the time and wasn't quite ready for the sauce; so I simply turned off the heat, covered the pan; then reheated a short while later, and it was fine.

4 good serves

Freezes okay

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