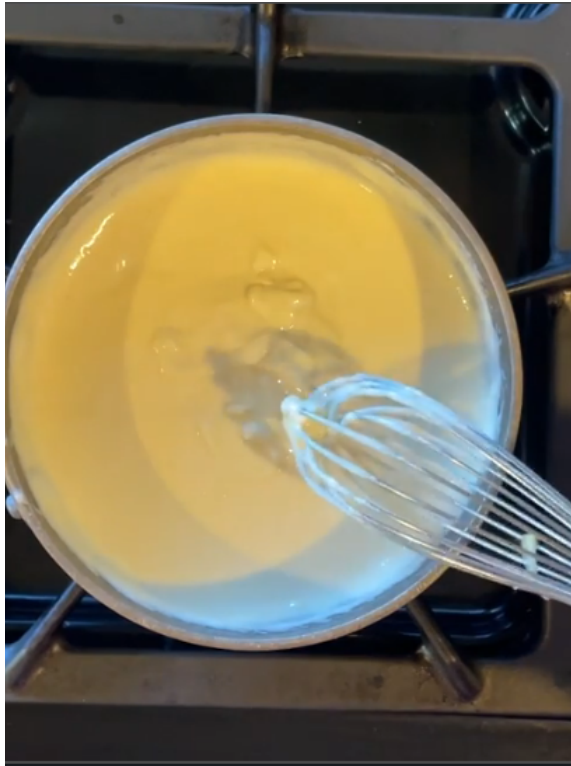


Main Dish

Creamy Mustard Roux



Ready in **30 minutes**

Serves **4-6**

Ingredients

- ½ block of butter
- 4 Tbsp flour
- 1 tsp fresh lemon juice
- 3 cloves of garlic, minced
- 1 cup half and half
- 2 Tbsp Dijon mustard
- Parsley or cilantro for garnish

Preparation

1. Add butter and flour in a small pot.
2. Heat on medium high, stir constantly until melted and smooth.
3. Add garlic, half and half, and mustard, stir after adding each ingredient.
4. Let simmer for 3-5 minutes. It will get very thick.

Tips

You can use this as a base for soups and a sauce for meats and other recipes to add a rich savory flavor. See my recipe for Creamy Quiche with Mustard and Mushrooms.

Spiritual Message from this recipe

A good roux is the basis for a delicious meal. It permeates the rest of the ingredients, adding richness and depth of flavor. A good roux for life is a positive attitude!