

Pizza Sauce


TIME TO PREPARE
10 min active time


COOK TIME
25 min




SERVING
Makes enough for 2 pizzas


PREPARED BY
Dora

MAKING THE WHITE SAUCE

Ingredients

25g all purpose flour
25g butter
250g - 280g milk
50g emmental cheese, grated
Salt, pepper to taste
Cinnamon / Nutmeg (optional)



Note: Other types of cheese can also be used - cheddar, gyurere. If using mozzarella, add more salt. More milk can be added to thin the sauce to make it easier to spread on the pizza. Do not add too much milk as it may make the pizza soggy.

Pizza Sauce

Steps to cook

01. Place butter in a pot over medium fire, and whisk to melt the butter. Lower the fire and add the flour, whisking constantly for about 3-4 minutes. This will cook the flour, removing the raw flour taste.



02. Warm the milk over low fire or warm the milk in a microwave. Do not let the milk boil. Warming the milk will make it easier to mix the milk into the flour - butter mixture - this will prevent lumps and sputtering.



03. Add the warm milk to the flour-butter mixture - whisk well till 'ribbon' consistency. When you lift your whisk you can see ribbons streaking in the mixture.



04. Add grated cheese and whisk vigorously to ensure the cheese melts and incorporates well into the mixture. Check the consistency - you are looking for thickened ribbons. You can add more milk if you find that the mixture is too thick. However if too much milk is added, the pizza may get soggy. Sauce tends to thicken as it cools.



05. Add in spices and whisk to evenly incorporate it into the mixture. Then you can leave the mixture to slightly cool before you use on the pizza.



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Notes

- ✓ This technique of cooking flour and butter mixture is called roux - flour needs to be cooked long enough to remove the raw flour taste. Adding warm milk in batches will prevent sputtering, and prevent lumps. Whisking vigorously also help to ensure a smooth batter. Adding enough salt is key for a successful tasty sauce. Leftover sauce can be frozen. Other uses for this sauce:
 - Pasta sauce or
 - Used on sandwiches, eg Croque Monsieur etc