

Mushroom sauce

Ingredients:

400g fresh mushrooms
500ml fresh milk
1 small onion, finely chopped
1 clove garlic, finely chopped
½ cup flour
50g butter
2 tablespoons olive oil
Salt and white pepper
Tablespoon finely chopped parsley



Method:

Wash mushrooms, remove the end part of the stalk and cut into quarters
Melt butter in a small pan, add flour and blend well
Warm the milk and add slowly to this mixture
Mix well with wooden spoon
In a separate pan, gently sauté the mushrooms, garlic and onion in olive oil
Add these ingredients to the white sauce, mix well to a smooth consistency
Simmer for another five minutes, add the parsley and season to taste

Note:

If serving this sauce to adults, you may wish to add a tot of brandy while sautéing the mushrooms
This sauce is very suitably served with grilled steaks, chicken breast and veal escalopes