

Veloute Sauce II

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3 tablespoons butter
3 tablespoons flour
2 cups chicken stock
salt
freshly ground white pepper

In a saucepan over medium heat, melt the butter. Stir in the flour and cook for 2 minutes.

Whisk in the stock, 1/2 cup at a time. Whisk until smooth. Season with salt and pepper.

Bring the liquid to a boil. Reduce the heat to low. Cook for 15 minutes.

Remove from the heat and serve.

Per Serving (excluding unknown items): 434 Calories; 35g Fat (76.5% calories from fat); 4g Protein; 20g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 4646mg Sodium. Exchanges: 1 Grain(Starch); 7 Fat.