

“COOKING STOCK” SAUCE

INGREDIENTS

2 tablespoons of cooking juices left in the pan when you cook meat OR bottom of the ovenproof dish when you cook a roast or chicken. If necessary, add a little liquid to scrape up the bottom of the pan.

2 tablespoons flour

1 cup liquid (broth or cooking juices)

PREPARATION

1. Add the flour to the cooking juices. Mix well.
2. Heat over low heat in a skillet until the mixture becomes homogeneous.
3. Pour in liquid and cook, stirring constantly, until thickened.
4. Let simmer gently for a few minutes.
5. Season to taste.

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