

Easy Cheese Sauce

Ingredients:

1 c. whole milk
1 c. shredded sharp Cheddar cheese
2 T. all-purpose flour
1/4 tsp. salt
1/8 tsp. black pepper
A dash of cayenne pepper or paprika
2 T. butter

Directions:

Bring the milk to a simmer in a 2-quart saucepan over moderate heat. Reduce the heat to low, add the cheese, and cook, stirring occasionally, until the cheese melts. Do not let the milk boil, and do not stir too much after the cheese melts or the cheese may become stringy. Blend in the flour with a wire whisk and stir until smooth. Season with salt, black pepper, and cayenne pepper. Add the butter and stir until it melts.