

# Microwave Mustard Sauce

From *Sumptuous Sauce in the Microwave*, by Patricia Tennison



**Servings: 6**

*Ideally, I've learned, that when cooking a roux, it's better to have just a little bit more butter than flour - that way you won't have any lumps.*

Note: all the timing mentioned here is a guess-timate - it all depends on your own microwave oven's power.

1. In a 4-cup glass or microwave-safe container melt the butter for 30-60 seconds until it's melted and bubbly.
2. Remove from microwave and whisk in the flour - making sure you see no visible white flour. Return to microwave and cook for about a minute, stopping twice to whisk again and break up any possible lumps, as the roux is bubbling furiously.
3. Remove from microwave again and thoroughly whisk in the chicken broth and cream. Return to microwave and cook for about 2 minutes until there are solid bubbles all around the edge of the sauce. Whisk again.
4. Continue cooking (you could lower the power level at this point, if you can) and watch the sauce very carefully until it's boiling and thickens enough to coat a spoon. Taste the sauce for texture and thickness - continue cooking if needed, until it's thick enough to your liking.
5. Remove from microwave and add the mustard, salt and pepper. Taste and adjust seasonings. Serve.

Per Serving (excluding unknown items): 122 Calories; 12g Fat (84.5% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 38mg Cholesterol; 287mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

This is also called a Veloute (that's French). It's just a simple cream sauce with mustard added.

2 tablespoons unsalted butter  
2 tablespoons all purpose flour  
1 cup chicken broth  
1/2 cup heavy cream  
2 tablespoons Dijon mustard, smooth, not grainy  
1/4 teaspoon salt  
1/8 teaspoon freshly ground pepper, preferably white, but black is fine too

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>