

Monet's Tomato Sauce (Milk Gravy)

Adapted slightly from Monet's Cookery Notebooks by Claire Joyes



Servings: 6

1. Place the butter and flour in a saucepan and stir them into a smooth paste over low heat.
2. Remove from the heat and gradually add the hot milk, stirring constantly to prevent lumps from forming. Season with salt and pepper to taste.
3. Return the pan to the heat and continue to cook over low heat, stirring constantly, until the liquid boils. Stir in tomato puree and serve immediately.

Per Serving (excluding unknown items): 198 Calories; 18g Fat (80.6% calories from fat); 3g Protein; 7g Carbohydrate; trace Dietary Fiber; 52mg Cholesterol; 152mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 3 1/2 Fat.

4 ounces unsalted butter

2 tablespoons all-purpose flour

2 cups milk, whole, heated to just below boiling

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

2 tablespoons tomato puree, or tomato paste

3 tablespoons fresh tomatoes, finely diced [not in original recipe]

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