



Cheese Sauce*

Serving: 1

Veg

Ingredients

- -50 ml heavy whipping cream
- -1 tbsp butter, preferably grass-fed
- -2 Tbsp cream cheese or soft goat cheese -
- -2 tbsp grated cheddar or hard goat cheese
- -pinch salt if needed
- -1-2 tbsp water to make thin sauce

Preparation Method

- -Place the cream and butter into a small sauce pan and gently heat up. Grate the cheddar cheese and keep aside.
- -Once heated, add the cream cheese into the sauce pan.
- -Stir until melted and bring to a simmer (2-3 minutes) . Once you see bubbles, take off the heat.
- -Add grated cheddar cheese and .
- -mix until smooth and creamy. . If too thick, add a splash of water
- Serve over steamed vegetables, fish and chicken