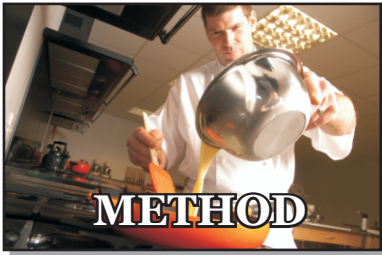


Cheese Sauce

100g	Butter or Margarine
100g	Flour
1 litre	Milk
1	Studded Onion
50g	Grated Cheese
1	Egg Yolk



1. Melt the margarine or butter in a thick-bottomed pan
2. Add the flour and mix in
3. Cook for a few minutes over a gentle heat without colouring
4. Remove from the heat to cool the roux
5. Gradually add the warmed milk and stir till smooth
6. Add the onion studded with clove
7. Allow to simmer for 30 min then remove the onion
8. Add the grated cheese and egg yolk
9. Mix well in boiling sauce, remove from heat
10. Strain if necessary but do not allow to reboil