

Roux

YIELD: 48 SERVINGS

FODMAP friendly

RECIPE CUSTOMIZATION

To make it gluten-free, swap flour for gluten-free flour (check label for correct ratio)

To make it dairy-free, swap butter with another fat (we recommend avocado oil)

INGREDIENTS

4 oz butter or other fat

4 oz flour of your choice

DIRECTIONS

1. Place the butter (4 oz) in a small sauté pan, and heat over a low flame until melted and bubbly.
2. Add the flour (4 oz) to the pan, and stir with a whisk or soft spatula to combine.
3. Stir occasionally while cooking.
4. For white roux, cook for about two minutes
5. For blonde roux, continue cooking until you reach a peanut butter color.
6. For brown roux, continue cooking until you reach a deep brown/mahogany color.

Chef tip: A roux will last for months in the refrigerator (as long as butter lasts). Keep some on hand for easy access when needed. Roux can also be stored in the freezer.



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NUTRITION FACTS

Serving size 1 (.2oz)

Amount Per Serving	5g
Calories	25
	% Daily Value
Total Fat 1.9g	3%
Saturated Fat 1.2g	6%
Cholesterol 5mg	2%
Sodium 15mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	1%
Vitamin A	1%
Vitamin C	0%
Calcium	0%
Iron	1%