

HEALTH AND LOCAL FOOD FOR FAMILIES

Christmas BAKE OFF

Nutmeg Sauce



For 15 fl ozs of sauce (3/4 pint)

- 25g/1 oz plain flour
- 40g/1.5 ozs butter/ spreadable butter
- 400ml/15 fl ozs semi skimmed milk
- 1 tsp grated nutmeg
- Sugar to taste

This sauce is delicious and a much healthier option than using cream or brandy butter. Why not give it a try?

1. Melt butter in pan over medium heat
2. Stir in flour off the heat until a smooth paste is made
3. Back on the heat, stir in milk bit by bit until all the liquid has been incorporated and the sauce is smooth and glossy.
4. Add nutmeg and sugar – you will probably need 1-2 dessertspoons. Stir well and serve straight away.

HALFF Christmas Bake off—Monday 17th December 2018

We have given you 2 recipes to try for the bake off—**No added sugar mince pies** and **Christmas Tart**. You may make either or both recipes for the competition.

Judging will take place at 12.30pm on Monday 17th December @ Lymebourne Community Centre.

- Bring your bakes on the day for judging.
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If making the no added sugar mince pies, we need you to bring 6 mince pies. They will be judged on how they taste and how they look. So please select your best 6 if you want to win!



Best of luck!

Merry Christmas from everyone at HALFF. See you in 2019.

