

ROUX - NO LUMPS FRENCH METHOD

F EASY

Last Modified: 11/30/2016

PREP: 2 Min
COOK: N/A

SAUCE

MAKES 1 ROUX

QUA	MEASURE	INGREDIENT	PROCESS
1	Tbsp	Unsalted Butter	Softened
1	Tbsp	All Purpose Flour	

PREPARATION

FACTOID	The French have used this method for centuries to make their thick, glossy, very transparent sauces. It is known as Beurre Manie which translates into Kneaded Butter.
NOTE	Making this Beurre Manie has three extremely positive results: #1: The Flour will ALWAYS end up 100% lump free. #2: The Sauce it's used in will eventually thicken to the desired consistency. #3: The Sauce will end up having a very pretty, glossy color.
TOOLS	1) Medium Plate
PREP	None.
1	You may expand this process by doubling (3X, etc.) the Flour & Butter in order to achieve the desired consistency for ANY volume of Sauce you want, this method is extremely useful for creating those lump free, transparent Wine Sauces and Gravies.
2	Place the Flour on a small plate. Place the pat of softened Butter on top. Flip the pat over and press lightly with your fingers. Continue to flip, fold and press the Butter Pat until ALL of the Flour is gone and there are no lumps (See Picture).
3	Break the Butter into small pieces as you are adding it into the cooking sauce while stirring constantly.
CAUTION	REMEMBER: Flour has a "pasty" flavor and undesirable texture that will go away once it is cooked sufficiently. ALWAYS cook the sauce for a minimum of three minutes after adding the last bit of the Beurre Manie Mixture in.

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