This week you will make a Velouté. You will need to change the recipe to 1L. The outcome for this sauce will look a LOT like gravy. A quick overview; melt butter over low heat, add flour over very low heat (this is similar to the white Roux in Bechamel), you are going to cook it until it is a blonde colour. Then add hot chicken stock a little at a time (from the two litres that you froze in the past) instead of milk. Keep reducing until the correct consistency. Season with salt and pepper.

I would like you to showcase this sauce in one of two ways.

Choice 1: Poutine

* Make French fries or Roasted Potatoes
* Either grate cheese or cube cheese or use cheese curds
* Pour Velouté over top

Choice 2: Roast Chicken on Rice with Vegetable with Velouté

* Make rice
* Cook chicken
* Make a vegetable like broccoli
* Pour Velouté over chicken

As Always answer the review question and send in your pictures!