



Creamy Mushroom Sauce with Milk

Jacob · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

Creamy white mushroom sauce with milk for chicken or pasta To serve pour sauce over hot cooked pasta

Ingredients

- - nonstick cooking spray - 1 (8 ounce) package sliced fresh button mushrooms - 2 cloves garlic
- pressed - 1 ½ tablespoons unsalted butter - 1 ½ tablespoons all-purpose flour - 1 ½ cups 2% milk - ½ teaspoon salt
- or to taste - ¼ teaspoon ground black pepper
- or to taste

Instructions

1. Heat a large skillet over medium heat; do not use a nonstick skillet. Spray lightly with cooking spray; add mushrooms. Cover and cook
2. stirring occasionally
3. until mushrooms just begin to release their juices. Add garlic and stir. Cover and cook
4. stirring occasionally
5. until mushrooms have released more juice and garlic is lightly browned. Transfer mushroom-garlic mixture with juices to a small bowl and set aside. Wipe the skillet out with a paper towel to remove any burnt garlic bits. Melt butter in the skillet over medium-low heat until it begins to bubble and foam. Sprinkle in flour and whisk continuously to form a roux. Once roux has darkened slightly
6. add milk
7. a few tablespoons at a time
8. whisking smooth after each addition. Add mushroom-garlic mixture with juices back into the skillet; bring to a very slow simmer and cook until desired thickness is reached. Season with salt and pepper.