



Recipes

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Egg and Gruyere Cheese Sauce

Serves 1

Ingredients:

- 3 Tbsp. Whole Butter
- 3 Tbsp. All Purpose Flour
- 1 1/2 cups Whole Milk
- 3/4 cup Gruyere Cheese , shredded
- 1/8 tsp. Cayenne Pepper Sauce
- 1/4 tsp. Ground Nutmeg
- 10 each Whole Eggs

Directions:

1. Melt butter in medium size sauce pot over medium heat. Whisk in flour and stir to make a roux; approximately 3 minutes.
2. Slowly whisk in milk, stirring constantly to avoid clumping. Add spices and continue cooking until mixture thickens and comes to a simmer.
3. Remove from heat and whisk in cheese. Set aside.
4. In a separate sauté pan scramble eggs over medium heat and cook until just set, but still moist. Fold eggs into cheese sauce and serve with savory chicken and apple sausage streudels.