

# Turnip a La Francaise

(Marion Ross)



## Ingredients ~ White Sauce

- 1 C. Whole Milk
- 2 Tbsp. Unsalted Butter
- 2 Tbsp. All-Purpose Flour
- ⅓ C. Heavy Cream
- ¼ C. White Wine (Optional)
- 1 Pinch Kosher Salt (more to taste)
- 1 Pinch White or Black Pepper (more to taste)
- 1 Pinch Freshly Grated Nutmeg (Optional)
- ¼ C. Cheddar Cheese

## Method ~ White Sauce

1. Heat the milk in a saucepan over medium heat until bubbles begin to appear around the edge. Keep warm.
2. Melt the butter in a separate saucepan over medium-low heat.
3. Add the flour and stir until the mixture is well blended to make a roux. Continue cooking, stirring, for 2 minutes. Make sure it does not turn brown.
4. Gradually stir the hot milk into the flour and butter mixture. Cook over medium heat, stirring constantly, until the sauce begins to boil and thickens. Simmer, frequently stirring, over very low heat for 5 minutes.
5. Stir in the cream and wine, if using. Season with salt and pepper, add cheese to sauce & blend well. Add a little nutmeg if desired.

## Ingredients ~ Main

- 1 Turnip - Medium
- 1 Egg
- 2 Tbsp. Butter
- ½ Tsp. Salt
- ½ Tsp. Pepper

## Method

1. Cook & mash turnip, add egg.
2. Add remaining ingredients and combine well.
3. Place mixture in a buttered dish, cover with the white sauce and sprinkle w/ additional cheese if desired.
4. Bake for 20 minutes.