



Anil Melnick

B With A
Twist
Catering

Las Vegas, NV

MORNAY SAUCE

For Waffle Sandwich

YIELD: 10

INGREDIENTS

4 Tbsp unsalted butter
2/3 cup diced white onion (1/4" dice)
Pinch salt, to taste
1/4 cup all purpose flour
2-2/3 cup milk
1-1/3 cup heavy cream
1 piece bay leaf
1 sprig rosemary
4 pieces rose peppercorns
4 pieces whole cloves
Pinch nutmeg
Pinch white pepper
1/2 cup grated guyere or emmentaler

METHOD

1. Melt the butter in a large heavy saucepan over medium heat.
2. Add the onion and a pinch of salt and cook slowly, stirring occasionally, for 2 to 3 minutes, or until the onion is translucent.
3. Sprinkle in the flour and cook for about 3 minutes, stirring constantly so that the roux doesn't burn or color.
4. Whisking constantly, add the milk and cream and whisk until fully incorporated.
5. Add rosemary sprig.
6. Bring to a simmer, whisking, then add the bay leaf, peppercorns, and cloves.
7. Lower heat, away from direct heat to avoid scorching, and bring back to a gentle simmer.
8. Adjust the heat to maintain a gentle simmer and cook, whisking occasionally, reaching into the corners of the pan, for about 30 minutes. If the sauce does begin to scorch, pour it into a clean pan--don't scrape the bottom of the pan--and continue.
9. Remove the sauce from the heat and season to taste with salt, a grating of nutmeg, and a pinch of white pepper.
10. Remove rosemary.
11. Strain the sauce, add the cheese, and whisk to melt.
12. Use immediately, or place in a storage container, press a piece of plastic wrap against the surface to keep a skin from forming, and refrigerate for up to a week.
13. If the sauce is too thick after refrigeration, it can be thinned with a little heavy cream.

