

Roux

A roux is a mixture of fat and starch. You can use any fat, and any starch. It is made by cooking the protein out of the starch, which mixes with the fat to thicken sauces. Since we are cooking (or denaturing) the protein in the flour, using your SOFT grains will give you a roux in a faster time but any grain milled into flour will do.

Ingredients

- 112 g wheat berries, soft
- 112 g butter

Directions

1. Mill the flour. This is actually a GREAT place to use any leftover flour you may have had sitting around.
2. Heat the butter in a skillet over medium-low heat until melted.
3. Add the flour, stirring constantly until the mixture begins to smell slightly nutty. This should only take a few minutes.
4. For a dark roux (as is used with jambalaya), continue the stirring in step 2 until the flour becomes darker in color. The darker the roux, the LESS the thickening power.

Notes

Make it Vegan

Swap butter for coconut oil, extra virgin olive oil, or another vegan fat.

Flour Swap

You can use ANY flour here. Fresh milled, of course. Make it a gluten free flour if that's your jam, or use leftover bread or pasta flour. Harder grains will need to cook a little longer than soft grains for the same result - nutty smelling.

How to use roux to thicken liquid?

Either mix hot roux with COLD liquid, or add cold roux (say from the fridge or freezer) to HOT liquid. They must be opposite temperatures for this to work.

How much roux to use?

In general, about 1 tbsp of roux per cup of liquid being thickened for a light roux. *Remember the darker the roux, the less it will thicken.*

• What to Make with Roux?

Béchamel Sauce: use cold milk as the liquid, and add cheese near the end.

- *Mac and Cheese:* Make béchamel sauce and add gruyère, cheddar, and Gouda for a grown up mac and cheese sauce.

Velouté Sauce: add cold broth as the liquid you thicken with roux.

Creamy Soup: Sauteing meat (or tofu) in a hot, oiled pan and sprinkle with freshly milled flour, continually stirring until cooked. Add cold liquid and let thicken.

Convert broth soup to creamy: use broth soup as the liquid instead of thickening with starches, keeping it whole grain instead of refined and processed.