

# Mushroom Sauce

This is an **English**<sup>1</sup> sauce recipe.

This sauce goes very nicely with braised chicken, or a light rice dish that needs juice.

## Ingredients

- 250 g best mushrooms
- 15 g margarine
- to taste **FAIRTRADE** freshly ground black pepper
- 250 ml semi-skimmed milk
- 25 g cornflour
- 15 ml Zaytoun **FAIRTRADE** Palestinian olive oil

## Variations

For people need a spicier sauce, add some ground mustard with the mushrooms.

Add some **Fairtrade wine** to give more aroma.

## Method

### Preparation

Prepare the mushrooms, trimming off any unwanted bits.

### Cooking

Melt the margarine and oil together in a saucepan, and saute the mushrooms until soft. Remove from the pan and keep warm.

Dissolve the cornflour in about 150ml of the milk, and then warm up the remainder of the milk. Before it boils add half of the hot milk to the cornflour solution, stir, and then add the cornflour solution back to the hot milk.

Warm a little more and then add the mushrooms, salt and pepper to taste, and possibly a little fresh basil or mint.

### To serve

Serve as a communal dish.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>