

TIME: 15 mins**SERVING:** 4 people**INGREDIENTS:**

2 generous handfuls very finely chopped parsley (including stalks)

2 tablespoons finely-chopped shallot

50g butter

1 heaped tablespoon plain flour

Most of a pint of full-cream milk

1 teaspoon salt

Generous shake of white pepper.



Place the shallot, butter, flour and milk in a heavy-bottomed pan and whisk over a low heat until the butter has been incorporated and the sauce shows signs of thickening. Add the parsley and stir in with a spoon or spatula. Cook for a further five minutes, stirring over low heat, adding a little more milk if the sauce appears to be too thick – but remember you want a thickish, spooning sauce rather than a runny one. Season and serve. If not required immediately it can be stored for up to a day in a fridge and reheated in a microwave or over a bowl of hot water.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: