



Bread sauce

15'
Hands on

15''
Hands off

10'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 40 g milk, 3,5% fat
- 200 g heavy cream 35%
- 3 cloves
- 1 bay leaf
- 150 g bread, grated
- 1 pinch nutmeg
- salt
- pepper
- 2 table spoon(s) butter, ice-cold

To serve

- nutmeg

Διατροφικός πίνακας

Nutrition information per portion

212 Calories (kcal)	16.0 Total Fat (g)	10.0 Saturated Fat (g)	12.0 Total Carbs (g)
11%	23%	50%	5%
2.0 Sugars (g)	3.3 Protein (g)	0.7 Fibre (g)	0.37 Sodium (g)
2%	7%	3%	6%

Method

- In a **pot** over medium heat add the milk, the heavy cream, the cloves, the bay leaf, and bring to a boil. Once the mixture boils, remove the pot from the heat.
- Cover the pot with a lid for 15 minutes, so that the milk is infused with the cloves and the bay leaf.
- Remove the spices from the pot.
- Transfer the pot back over low heat and add the grated bread.
- Simmer and stir with a serving spoon for 2-3 minutes, until the sauce thickens.
- Add the nutmeg, salt, pepper, and mix.
- Add the 1st tablespoon of butter and mix until it melts.
- Add the 2nd tablespoon of butter over the mixture, by dividing it into pieces.
- Serve with extra nutmeg.
- You can accompany your Sunday or roasts with the bread sauce.