

1 tbsp butter  
1 tbsp flour  
1/2 tsp grd mustard  
pinch nutmeg  
3/4 - 1 c. milk or 1/2 & 1/2  
1 cup (4oz) Cheddar  
cheese  
+ p.



Parrish

Est. 1911 KAUAI  
Island Vacation Homes

White cheese  
sauce