

# Homemade Nacho Cheese Sauce

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Cooking With Carolyn

## Ingredients

Yield: 3 to 4 Cups

3 Tablespoons Butter  
3 Tablespoons All Purpose Flour  
2 Cups (16 Ounces) Cold Whole Milk  
½ Teaspoon Kosher Salt  
¼ Teaspoon Cayenne Pepper  
1 Pound Shredded Sharp Cheese, room temperature (it's recommended to shred your own cheese)

## Directions

**Tip:** In order for the cheese to be kept hot, and not overcooked, it's recommended that you use a double broiler. Bring some water up to a boil in a large stock pot over high heat, then turn it down to low heat. Use a tempered glass bowl that will fit the pot without falling through. Once the cheese sauce is done pour it into the bowl and cover with foil.

**CAUTION:** If you use a crock pot to keep the cheese warm on the lowest setting, please be aware that the cheese will sometimes continue to cook or even burn. Keep an eye on it.

Melt the butter in a large skillet over medium heat. Once the butter is fully melted add the flour and stir. Cook the mixture (it's called a roux) for about 3 to 4 minutes. Pour the cold milk into the roux while vigorously whisking. Whisk until the sauce is combined. Turn the heat up to medium-high and allow the sauce to come up to a boil and thicken. Once it comes up to a boil, turn off the heat. Stir in the cayenne and salt. Finally, stir in the shredded cheese until smooth.

Serve hot and EAT IMMEDIATELY.