

# Download Recipes Single Handicapped Sauces Creams

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This is the third in what will become a series of cookbooks. I originally expected to produce one cookbook aimed at single and handicapped. people. Then, as I started compiling recipes, I realized that I had too many for just one, so there will be a series. Welcome to Number Three. You may wonder ...

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Single cream recipes. Single cream has too low a fat content (18 per cent) for whipping, but is useful to top desserts or enrich soups, savoury dishes or sauces. Cream roasted swede soup.

Cream Cheese Alfredo Sauce. Chef John's White Sauce. Spinach Alfredo Sauce (Better than Olive Garden(R)) Buttery Alfredo Sauce. Lighter Chicken Fettuccine Alfredo. Creamy Alfredo Sauce. Chef John's Penne with Vodka Sauce. BLT Pasta Carbonara.

The recipe makes about 1 1/4 to 1 1/2 cups of medium thickness cream sauce. Saute 1 clove of pressed or minced garlic in the butter for a minute before adding the flour and then proceed with the recipe. Saute 1 tablespoon of minced shallots in the butter until translucent. Add the flour and continue with the recipe.

Put chicken, stock, cream, celery, leeks, potatoes, garlic and ham to a large pan. Bring to the boil, reduce the heat, cover and simmer for about 20-25 mins until c... **INGREDIENTS:** 375g boneless thighs, skin removed, halved, 125ml chicken stock, 4tbsp single cream, 3 stalks celery...

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