

Little Veron's Recipe

Roux

What is a roux? A roux is a mix of oil and flour that is browned to a desired color. It's used to thicken many Cajun recipes. It also offers a distinct flavor and taste to food.

1 C. oil
1 C. plus 1 Tbsp. flour
1 lg. onion, chopped
½ green bell pepper, chopped fine
3 stalks of celery, chopped fine
2 cloves of garlic, chopped fine

Directions:

- Mix oil and flour together in a 2-Qt. heavy pot
- Cook over low heat, stirring constantly until the roux becomes a rich, dark red color
- Add onions, bell pepper, celery and garlic and sauté until tender
- Can be stored in a jar or frozen