



Three Cheese Sauces

September 28, 2023

I admit that I went a little crazy when I found out about sodium citrate, but why have 1 cheese sauce when you can have 3?! Anyway, these are three great options for fall and winter entertaining, football games or anytime you are feeling a little cheesy! Because you are making the sauces with cheese and little else, the quality of the cheese is really

important. The sauce will taste only as good as the cheese you use.

Cheddar Cheese Sauce

You could sub $\frac{1}{4}$ cup whole milk or cream for part of the water for added richness.

Serves 4-6

Ingredients:

- $\frac{3}{4}$ cup filtered water
- 1 teaspoon of sodium citrate
- 8 ounces best-quality extra-sharp cheddar cheese, grated
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- $\frac{1}{8}$ teaspoon freshly ground nutmeg

Method:

1. Bring water to a boil in a small heavy-duty saucepan over medium-high heat.
2. Add the sodium citrate and stir until sodium citrate is dissolved.
3. Reduce heat to medium-low. Whisk in cheese a handful at a time and stir until smooth. Stir well. Cook until the mixture simmers for about 3 minutes.
4. Add salt and spices and stir to combine. It will bubble and foam at this point activating the sodium citrate. Stir continually while it bubbles and foams. Reduce heat to low.
5. At this point, it will be very liquid-y, but will thicken as it cools. If it is too thick, add a little filtered water and stir well, bring back to a high simmer and let cool.
6. Keep warm on low for saucing broccoli or other vegetables. [Keep warm on low until ready to serve.] Can be refrigerated for up to a week and re-warmed on the stovetop over low heat.



Jalapeno Queso

Try using ½ beer and ½ water for a queso with a rich hoppy flavor—or 1/3 cup blanco tequila and 2/3 cup water for a boozy queso.

Serves 4-6

Ingredients:

- 1 cup filtered water
- 1 teaspoon of sodium citrate
- 12 ounces of best-quality shredded jalapeno jack cheese or a mix of cheddar and jalapeno-jack cheese.
- 1 10-ounce can of Ro-Tel
Tabasco sauce—a generous splash
Tajin for garnishing

Method:

1. Bring water to a boil in a small heavy-duty saucepan over medium-high heat.
2. Add the sodium citrate and spices and stir until sodium citrate is dissolved.
3. Reduce heat to medium-low. Whisk in cheese a handful at a time and stir until smooth. Stir well.
4. Cook until the mixture simmers for about 3 minutes. It will bubble and foam at this point activating the sodium citrate.
5. Add the can of Ro-Tel and stir well. Bring back to a simmer for a couple of minutes to make sure that the bits of tomatoes are warmed through and through. Stir well.
6. Add a generous splash of Tabasco sauce and stir well. Taste and adjust accordingly.
7. At this point, it will be very liquid-y, but will thicken as it cools. If it is too thick, add a little filtered water and stir well, bring back to a high simmer and let cool.
8. Keep warm on low until ready to serve with chips. Garnish with Tajin, if desired.
9. Can be refrigerated for up to a week and re-warmed on the stovetop over low heat.



Beer Cheese Sauce

This beer-cheese sauce is the best cheese sauce that I have ever tasted. Do not add any salt as you will need just under 2 teaspoons of the sodium citrate to activate the beer and the cheese is plenty salty.

Serves 4-6

Ingredients:

- $\frac{3}{4}$ cup favorite beer such as Stella Artois
- $\frac{3}{4}$ cup filtered water
- 2 scant teaspoons sodium citrate
- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon dried chives, plus more for the top
- $\frac{1}{4}$ teaspoon granulated onion
- $\frac{1}{4}$ teaspoon granulated garlic
- $\frac{1}{4}$ teaspoon cayenne pepper
- 8 ounces best-quality extra-sharp cheddar cheese, grated
- $\frac{1}{2}$ cup grated Parmesan cheese

Method:

1. Bring beer and water to a boil in a small heavy-duty saucepan over medium-high heat.
2. Add the sodium citrate and spices and stir until sodium citrate is dissolved.
3. Reduce heat to medium-low. Whisk in cheese a handful at a time and stir until smooth. Stir well.
4. Cook until the mixture simmers for about 3 minutes. It will bubble and foam at this point activating the sodium citrate.
5. At this point, it will be very liquid-y, but will thicken as it cools. If it is too thick, add a little filtered water and stir well, bring back to a high simmer and let cool.
6. Keep warm on low for dipping pretzels.
7. Serve with warm pretzels and garnish with more dehydrated chives.
8. Can be refrigerated for up to a week, and re-warmed on the stovetop over low heat.