



Comhairle Chontae na Gaillimhe
Galway County Council

Galway's Food Heritage



School's Contribution Sheet

My Name Catherine Sheridan Age 10 School Belmont N.S.

Who gave me this
story/recipe My Granny gave me this
Recipe

Who are they (eg. Granny, Aunt, Uncle, Neighbour,
etc: Granny

Where are they from? Curragh West, Dunmore

Parent/Guardian Signature: Sue Sheridan

Date: 20/11/17

My Food Related Story/Recipe (please use additional pages)

My recipe is cheese sauce. My mom's mom came up with this recipe it is yummy it goes with coliflower and zucchini.

You need Real butter, flour, white pepper, salt, cheese, milk and nutmeg.

First you heat up your pot and put the butter in until it is melted and depending on how much you're making that's how much you put it.

Then you add 1 or 2 table spoons of flour in and stir until a shiny yellow add milk and keep on adding and stirring.

You put a pinch of pepper, a shake of white pepper pinch of salt 2 shakes of nutmeg and stir until combined.

Put 3 or 4 slices of cheese in and stir, this might take a while let it cook on a low flame after that.

Draw/ Attach Picture

