PRIMAL GUIDE

Carnivore Cheese Sauce

PREP 5 MIN • COOK 10 MIN • YIELD 4 SERVINGS

INGREDIENTS

- 1 cup raw cheddar or another raw aged cheese, finely grated
- ½ cup raw milk or raw cream, plus a splash more to thin
- 1 tbsp grass-fed butter
- salt to taste

STEPS

1. Grate the cheese finely and let it sit out while you start the sauce. Cheese that isn't fridge-cold melts more smoothly.
2. Warm the milk or cream and the butter in a small saucepan over low heat until the butter melts and the edges just begin to steam. Don't let it boil.
3. Take the pan off the heat. Add the cheese a handful at a time, whisking until each handful melts before adding the next.
4. If the last of the cheese won't melt, set the pan back over the lowest heat for a few seconds at a time, whisking the whole time.
5. Taste and add salt. Raw cheddar is already salty, so you may only need a pinch.
6. Serve warm. The sauce thickens as it cools, so whisk in a splash more milk to loosen it.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/carnivore-cheese-sauce

Not medical advice. Talk with your doctor about your diet.

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