THE PEOPLE'S CHOICE
$UPREMO
FOOD MARKET

DUTCH OVEN SALSA CARUSO



SERVINGS	6
PREP TIME	15 mins.
COOK TIME	20 mins.

INGREDIENTS

- 10 tbsp butter
- 3 oz button mushrooms, sliced
- 1 large onion, chopped
- 2 tbsp all-purpose flour
- 1 cup milk
- 1 cup crème fraîche
- ½ lb cooked ham, chopped
- 4 oz grated cheese
- 2 tbsp concentrated meat broth
- Parsley, chopped (for garnish)

DIRECTIONS

1. **Sauté the Aromatics and Mushrooms:** Melt 4 tablespoons of the butter in your Dutch oven over medium heat. Add the chopped onion and sliced button mushrooms. Cook for 6 to 8 minutes, stirring occasionally, until the onions become translucent and soft and the mushrooms release their moisture and begin to brown nicely around the edges.
2. **Sear the Ham:** Add the remaining 6 tablespoons of butter to the Dutch oven along with the chopped ham. Stir and cook for another 2 to 3 minutes until the ham is heated through and slightly golden.
3. **Build the Roux Base:** Sprinkle the 2 tablespoons of flour evenly over the vegetables and ham mixture. Stir constantly for about 1 to 2 minutes to coat everything and cook out the raw flour taste.
4. **Integrate Liquid & Broth:** Reduce the heat to low. Whisk in the concentrated meat broth to deglaze the bottom of the Dutch oven, lifting up any rich brown bits (fond). Slowly pour in the milk while whisking gently to ensure a smooth, lump-free sauce base.
5. **Simmer and Enrich:** Stir in the crème fraîche until completely incorporated into the warm sauce. Allow the mixture to come to a gentle simmer for 3 to 5 minutes, stirring frequently so the bottom does not scorch, until the sauce thickens and coats the back of a spoon.
6. **Melt the Cheese & Serve:** Remove the Dutch oven from the heat. Gradually fold in the grated cheese, stirring until melted smoothly into the rich cream sauce. Taste and adjust seasoning with fresh ground black pepper if desired. Serve hot over pasta (such as Cappelletti, Tortellini, or Fettuccine).

Recipe inspired by: https://www.196flavors.com/uruguay-salsa-caruso/