



## *Creamed Chipped Beef on Toast*



### **Ingredients:**

- 1 4 ½ ounces Armour Star Dried Beef slices, rinsed well & chopped
- 4 tbsp butter
- 4 tbsp flour
- Pinch of cayenne
- 2 cups milk
- Sea salt and freshly cracked pepper to taste
- Bread, toasted

### **Method:**

1. Rinse the slices of dried beef really well – they are VERY salty! Once well-rinsed, pat dry with a paper towel.
2. Chop the beef into small bite-sized pieces. Set aside.
3. Heat the butter in the large saucepan over medium heat.
4. Add the flour and pinch of cayenne pepper to the melted butter and whisk until well combined and cooked through, about 45 seconds.
5. Very slowly add the milk while whisking continually.
6. Once the milk has all been added, add the chopped dried beef.
7. Cook, stirring occasionally, for a few minutes until thickened.
8. Taste and season with sea salt and freshly cracked pepper, to taste, if needed.
9. Serve on top of dry toast immediately.