

Creamy White Pizza Sauce Recipe - No Tomatoes Needed

If you've only ever topped your pizza with red sauce, you're in for a serious upgrade. This



TIME
15 min

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INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 ½ cups whole milk
- 3 cloves garlic, minced
- ... cup grated Parmesan cheese
- ½ teaspoon salt
- ... teaspoon black pepper
- ... teaspoon ground nutmeg (optional but recommended)

DIRECTIONS

- Sauté the Garlic:** In a saucepan over medium heat, melt the butter. Add the minced garlic and sauté for 1-2 minutes until fragrant but not browned.
- Create the Roux:** Stir in the flour and cook for about 1 minute. This removes the raw flour taste and forms the thickening base.
- Add the Milk:** Gradually whisk in the milk, ensuring no lumps form. Continue stirring for 3-5 minutes until the sauce thickens slightly.
- Add Cheese & Seasoning:** Stir in the Parmesan, salt, black pepper, and nutmeg. Cook another 1-2 minutes until smooth and creamy.
- Cool Slightly:** Remove from heat and allow the sauce to cool for a few minutes before spreading onto pizza dough.

SWAPS & NOTES

& Swaps Milk: Whole milk gives the creamiest texture, but 2% works too.

Parmesan: Freshly grated melts best and avoids a gritty texture.

Garlic: Fresh garlic is key - garlic powder won't deliver the same depth.

Nutmeg: A small pinch enhances the creamy flavor without making it sweet.

TIPS FOR SUCCESS

Whisk constantly when adding milk to avoid lumps.

Don't let garlic brown - it can become bitter.

If the sauce thickens too much, whisk in a splash of milk.

Spread sauce thinly on pizza to prevent soggy crust.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-white-pizza-sauce-recipe-no-tomatoes-needed/>