

"Donna Godfrey" <donnagodfrey@ga.prestige.net>

Sauces

One of the ladies asked for my recipes on white sauces and I re-typed them for her. I thought I would send these to you all too. I keep this recipe tacked inside my cupboard door for quick reference. This is how I make my cream of mushroom or other soups for casseroles.

Donna Godfrey

## **WHITE SAUCE**

### **Thin sauce:**

1 tablespoon butter

Melt in heavy saucepan. Blend in, cooking and stirring until bubbly:

1 tablespoon flour

1/4 teaspoon salt

Using wire whisk to prevent lumps stir in 1 cup of milk, broth or combination.

### **Medium:**

2 Tablespoons butter

2 tablespoons flour

1/4 teaspoon salt

1 cup milk/broth

### **Thick:**

4 tablespoons butter

4 tablespoons flour

1/4 teaspoon salt

1 cup milk/broth

Cook until smooth and thickened. Makes slightly over 1 cup

**Here is for med. thick.** because it compares to undiluted condensed soups and makes about the same as a 1 oz can.

3 tablespoons butter

3 tablespoons flour

1/4 teaspoon flour

1 cup milk/broth

### **OPTIONS:**

Cheese Sauce:

Add 1/2 cup grated nippy cheese and 1/4 teaspoon dry mustard

### **Tomato sauce:**

Use tomato juice(V8) as liquid and add garlic salt, onion salt, basil and oregano to taste.

**Mushroom sauce:**

Saute 1/4 cup mushrooms and 1 tablespoon finely chopped onion in butter before adding flour

**Celery sauce:**

Saute 1/2 cup finely chopped celery and 1 tablespoon onion to butter before adding flour.

**Chicken:** Use chicken broth as liquid, Add 1/4 teaspoon poultry seasoning or sage and diced cooked chicken if available.

Vary the flavor with the following:

curry powder  
garlic, onion or celery salt  
grated nutmeg  
lemon juice  
worcestershire sauce  
chili powder  
chopped and blended vegetables  
chopped parsley  
chopped chives  
chopped hard cooked eggs.

**WHITE SAUCE MIX:**

In a bowl stir together  
1 1/2 cups nonfat dry milk  
3/4 cup flour  
1 teaspoon salt  
Cut in until the mix resembles small peas  
1/2 butter or margarine  
Store in fridge.

**To make white sauce:**

Combine in saucepan for thin:  
1/3 cup mix  
1 cup water

**med sauce:** 1/2 cup mix  
1 cup water

**thick sauce**

2/3 cup mix  
1 cup water

Cook and stir with wire whisk over medium heat until smooth and thick.  
Makes a bit over 1 cup. you can use the options above for this too