

---

# Basic White Sauce (Medium)

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**2 tablespoons butter**

**2 tablespoons flour**

**1/4 teaspoon salt**

**1/8 teaspoon pepper**

**1 cup milk**

In a saucepan, slowly beat the butter just until melted. Add the flour, salt and pepper. Stir over low heat until smooth, 1 or 2 minutes. Remove from the heat.

Add milk, a small amount at a time, stirring after each addition. Return to the heat.

Over medium heat, bring to a boil, stirring constantly. Reduce the heat. Simmer for 1 minute.

(THIN WHITE SAUCE: Reduce the butter and flour to one tablespoon each. Proceed as above. Use for soups.)

(THICK WHITE SAUCE: Increase the butter and flour to three tablespoons each. Proceed as above. Use as a binder in croquettes, or as a base for souffles.)

(CHEESE SAUCE: Add one-half to one cup of grated cheese to the cooked white sauce.)

Yield: 1 cup

## **Condiments, Sauces**

---

*Per Serving (excluding unknown items): 411 Calories; 31g Fat (67.8% calories from fat); 10g Protein; 23g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 887mg Sodium. Exchanges: 1 Grain(Starch); 1 Non-Fat Milk; 6 Fat.*