

White Sauce

*Cookbook Committee
St Timothy's - Hale Schools - Raleigh, NC - 1976*

THIN

*1 tablespoon butter
1 tablespoon flour
1 cup milk
1/4 teaspoon salt*

MEDIUM

*1 1/2 to 2 tablespoons
butter
2 tablespoons flour
1 cup milk
1/4 teaspoon salt*

THICK

*2 to 3 tablespoons butter
3 tablespoons flour
1 cup milk
1/4 teaspoon salt*

VERY THICK

*3 to 4 tablespoons butter
4 tablespoons flour
1 cup milk
1/4 teaspoon salt*

Melt the butter in a saucepan. Add the flour and salt. Blend until smooth.

Gradually add the milk, stirring constantly. When it comes to a boil, cook for 3 to 5 minutes or until the desired sauce thickness.

VARIATIONS:

***** Cheese sauce - Add
3/4 cup of grated cheese.
Stir until melted.*

***** Mushroom Sauce:
Brown 1/2 cup of canned
button or sliced mushrooms
in the butter before making
the sauce.*

Per Serving (excluding unknown items): 6271 Calories; 643g Fat (90.5% calories from fat); 47g Protein; 105g Carbohydrate; 2g Dietary Fiber; 1778mg Cholesterol; 8817mg Sodium. Exchanges: 4 Grain(Starch); 4 Non-Fat Milk; 127 1/2 Fat.