

BASIC WHITE SAUCE

(makes approx. 1 cup)

INGREDIENTS AND QUANTITIES:

3 tbsp flour
4 tbsp. margarine
1 cup cold milk
1/2 tsp. salt
pepper to taste
1/2 tsp. Worcestershire sauce

EQUIPMENT & UTENSILS:

Small, dry and liquid measures
Heavy saucepan (medium size)
Whisk
Wooden spoon
Tasting spoon

PROCEDURE:

1. Melt margarine in saucepan over **MEDIUM** heat. (#6-7)
2. Remove from heat...turn stove to low heat. Add flour, off the heat. Stir to combine. If lumpy, use whisk to make it smooth.
3. Put back on **LOW** heat and stir constantly until the flour mixture has cooked for about 1 minute. **This scorches easily...be careful to stir continuously.**
4. Remove from heat. Add the cold milk, a bit at a time, slowly stirring until smooth.
5. Return to heat and stir constantly until thick. Cook for an additional 2 minutes. It should be very smooth. Remove from heat.
6. At this point the seasonings may be added...add the 1/2 tsp. salt, pepper to taste, and 1/2 tsp. Worcestershire sauce. Stir to blend.

*****TO MAKE A CHEESE SAUCE:**

To this recipe of white sauce, add **1 generous cup of grated cheddar cheese**. Stir with a wooden spoon for a minute or two until the cheese melts. Use immediately.