

White Sauce

Ingredients	1 Quart		2 Quarts		Directions
	Weight	Measure	Weight	Measure	
THIN WHITE SAUCE:					
Margarine or butter		2 Tbsp		¼ cup	<ol style="list-style-type: none"> 1. Melt margarine or butter in a sauce pan. Add flour and salt. Stir until smooth. 2. Gradually add milk, stirring constantly. 3. Cook, stirring frequently, until smooth and desired consistency, 12-15 minutes. 4. Portion with 1 oz ladle (2 Tbsp). <p>CCP: Hold for hot service at 140° F or warmer. OR Refrigerate within 2 hours. Hold at 40° F or colder.</p> <p>Refrigerate until ready to serve.</p>
Enriched all-purpose flour		¼ cup	2 oz	½ cup	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
MEDIUM WHITE SAUCE:					
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Enriched all-purpose flour	2 ¼ oz	½ cup 1 Tbsp	4 ½ oz	1 cup 2 Tbsp	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
THICK WHITE SAUCE:					
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Enriched all-purpose flour	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	1 Quart	1 Quart
	2 Quarts	2 Quarts
	16 1 oz servings	
	32 1 oz servings	

White Sauce

Edited 2014

Special Tips:

- 1) Use thin sauce for cream soup, gravy, creamed and scalloped vegetables, eggs, fish.
- 2) Use medium sauce for gravy, creamed and scalloped vegetables, eggs, fish, meat.
- 3) Use thick sauce as binder for souffles, croquettes.

Nutrients Per Serving					
Calories	30	Saturated Fat	0.30 g	Iron	0.10 mg
Protein	1.21 g	Cholesterol	1 mg	Calcium	36 mg
Carbohydrate	3.00 g	Vitamin A	83 IU	Sodium	69 mg
Total Fat	1.47 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g

Nutrients are based on medium white sauce.