

White Sauce

Sauces, Condiments & Dressings, C-07

Ingredients	1 Quart		2 Quarts		Directions
	Weight	Measure	Weight	Measure	

Trans fat-free margarine

2 Tbsp

1/4 cup

1. Melt margarine in a sauce pan. Add flour and salt. Stir until smooth.

Enriched all-purpose flour

1/4 cup

2 oz

1/2 cup

2. Gradually add milk, stirring constantly.

Salt

1/2 tsp

1 tsp

3. Cook, stirring frequently, until smooth and desired consistency, 12-15 minutes.

Instant nonfat dry milk, reconstituted

1 qt

2 qt

1. In a 4-qt saucepan, melt margarine. Add flour and salt. Stir until smooth. Gradually add milk, stirring constantly. Cook, stirring frequently, until smooth and desired consistency, 12-15 minutes.

ready to serve.

Trans fat-free margarine

2 oz

1/4 cup

4 oz

1/2 cup

Enriched all-purpose flour

2 1/4 oz

1/2 cup 1 Tbsp

4 1/2 oz

1 cup 2 Tbsp

Salt

1/2 tsp

1 tsp

Instant nonfat dry milk, reconstituted

1 qt

2 qt

Trans fat-free margarine

3 oz

1/4 cup 2 Tbsp

6 oz

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Enriched all-purpose flour

3 1/2 oz

3/4 cup 1 Tbsp

7 oz

1 1/2 cups 2 Tbsp

Salt

1/2 tsp

1 tsp

Instant nonfat dry milk, reconstituted

1 qt

2 qt

Notes

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.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Serving	Yield	Volume
2 tablespoons (1 oz ladle). Nutrients are based on medium white sauce.	1 Quart: 16 1 oz servings	1 Quart: 32 1 oz servings