

White Sauce

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
THIN WHITE SAUCE:					
Margarine or butter	1 oz	2 Tbsp	4 oz	½ cup	1. Melt margarine or butter. Add flour and salt. Stir until smooth. Cook 5 minutes.
Enriched all-purpose flour		¼ cup 1 Tbsp	4 ½ oz	1 cup 2 Tbsp	
Salt		½ tsp		2 tsp	
Instant nonfat dry milk, reconstituted, hot		1 qt		1 gal	2. Add milk gradually, stirring constantly.
					3. Cook, stirring frequently, until smooth and thick, 12-15 minutes. Use immediately.
					CCP: Hold for hot service at 135° F or higher.
MEDIUM WHITE SAUCE:					
Margarine or butter	2 oz	¼ cup	8 oz	1 cup	
Enriched all-purpose flour	2 ¼ oz	½ cup 1 ½ tsp	9 oz	2 cups 2 Tbsp	
Salt		½ tsp		2 tsp	
Instant nonfat dry milk, reconstituted, hot		1 qt		1 gal	
THICK WHITE SAUCE:					
Margarine or butter	3 oz	¼ cup 2 Tbsp	12 oz	1 ½ cups	
Enriched all-purpose flour	3 ½ oz	¾ cup 1 ½ tsp	13 ½ oz	3 cups 2 Tbsp	
Salt		½ tsp		2 tsp	
Instant nonfat dry milk, reconstituted, hot		1 qt		1 gal	

SUGGESTED USES

THIN WHITE SAUCE: Cream soup; gravy; creamed and scalloped vegetables, eggs, fish, meat.

MEDIUM WHITE SAUCE: Gravy; creamed and scalloped vegetables, eggs, fish, meat.

THICK WHITE SAUCE: Binder for soufflés, croquettes.

White Sauce

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart
	1 Gallon: 128 2 Tbsp servings	1 Gallon: about 1 gallon

Tested 2004

Nutrients are based on MEDIUM WHITE SAUCE.

Nutrients Per Serving					
Calories	31	Saturated Fat	0.31 g	Iron	0.11 mg
Protein	1.34 g	Cholesterol	1 mg	Calcium	40 mg
Carbohydrate	3.15 g	Vitamin A	64 IU	Sodium	70 mg
Total Fat	1.47 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g