



# Basic White Sauce



## ingredients

### Thin White Sauce Ingredients:

- 1 tablespoon butter
- ½ to 1 tablespoon flour
- ¼ teaspoon salt
- Dash of pepper
- 1 cup milk (whole, low fat or skim)

### Medium White Sauce Ingredients:

- 2 tablespoons butter
- 2 tablespoons flour
- ¼ teaspoon salt
- Dash of pepper
- 1 cup milk (whole, low fat or skim)

### Thick White Sauce Ingredients:

- ¼ cup butter
- ¼ cup flour
- ¼ teaspoon salt
- Dash of pepper
- 1 cup milk (whole, low fat or skim)

## directions

1. Melt butter in sauce pan on low heat.
2. Blend in flour, salt and pepper.
3. Cook until mixture is smooth and bubbly.
4. Remove from heat.
5. Stir in milk.
6. Place back on burner over medium heat and cook to boiling. Use a whisk and stir constantly.
7. Boil for 1 minute.
8. Remove from heat.

Makes about 1 cup sauce.