

Sauces

PROPORTIONS FOR WHITE SAUCE

TYPE	FAT	FLOUR	LIQUID	SALT	USES
→ Thin	* 15 ml	15 ml	250 ml	1 ml	cream soups cheese sauce
→ Medium	* 30 ml	30 ml	250 ml	1 ml	creamed vegetables pudding sauces egg sauce mushroom sauce gravy
Thick	45 ml	45 ml	250 ml	1 ml	salad dressings
Very Thick	60 ml	60 ml	250 ml	1 ml	soufflés croquettes

Method for White Sauce:

1. Melt measured fat in heavy saucepan (top of double boiler preferred).
2. Remove from heat and stir in flour and salt. Stir over heat until smooth. Do not allow mixture to burn.
3. Add cold liquid slowly, stirring constantly.
4. Cook over boiling water or on low, direct heat. Stir constantly until sauce is thickened, smooth and all the taste of raw starch is gone. This takes about 10 minutes in double boiler; 5 to 7 minutes over direct heat.

VARIATIONS OF WHITE SAUCE

* → 1. Cheese Sauce

250 ml medium to thin white sauce
125 ml grated cheese

1 ml paprika
2 ml Worcestershire sauce

To the thickened white sauce add grated cheese and seasonings. Stir until smooth. Serve as soon as cheese melts. The preferred cheese is sharp Cheddar — other kinds are suitable. Each gives its distinctive flavour. More or less cheese may be used — 250 g cheese yields 500 ml when grated.

2. Egg Sauce

250 ml medium white sauce
2 hard cooked eggs, diced

3 ml chives, chopped finely
3 ml parsley, chopped finely

To the thickened white sauce, stir in other ingredients. Adjust seasonings. Egg sauce is particularly good with fish.

3. Mornay Sauce

To 250 ml thin white sauce made with milk, cream or half and half, add 30 ml grated Parmesan cheese and 50 ml of grated Swiss, Gruyere or Samsøe cheese. Stir and heat until cheese melts.

4. Mock Hollandaise Sauce

250 ml medium white sauce
2 egg yolks

15 ml lemon juice
15 ml margarine

1. Beat egg yolks in a small bowl. Stir a little of the thickened sauce into the yolks. Blend well; add more hot sauce until egg is warmed.
2. Pour egg yolk mixture into the hot sauce. Cook and stir for 2 minutes.
3. Remove from the heat and beat in margarine and lemon juice. Serve hot over eggs, fish or vegetables such as asparagus, broccoli, brussels sprouts and cauliflower.