

**MEDIUM WHITE SAUCE
FOR VEGETABLES**

2 T. butter **Dash pepper**
2 T. flour **1 c. milk**
½ t. salt

In a medium saucepan, melt butter and remove from heat. Add flour, salt and pepper stirring until smooth. Gradually stir in milk. Return to stove and bring to a boil over medium heat, stirring constantly. Reduce heat and simmer for one minute.

THIN WHITE SAUCE

Follow the same recipe as the one used for medium white sauce. Amount of butter and flour should be reduced to 1 tablespoon each.

THICK WHITE SAUCE

Follow the same recipe as the one used for medium white sauce. Amount of butter should be increased to 3 tablespoons and the flour should be increased to 3 to 4 tablespoons.

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