



Nutrition Facts	
Per serving	
Calories 190	%DV*
Fat 13g	17%
Saturated 8g	40%
+ Trans 0.5g	
Carbohydrates 13g	
Fibre 0g	0%
Sugars 8g	8%
Protein 6g	
Cholesterol 40mg	
Sodium 160mg	7%
Potassium 240mg	6%
Calcium 195mg	15%
Iron 0mg	0%

*5% or less is a little, 15% or more is a lot

1% milk used in analysis

Basic White Sauce

A white sauce is the base for many dishes. How is skin formation and scorching avoided?

Prep time: 5 minutes

Cooking time: 10 minutes

Yields: 4 servings

Ingredients

¼ cup (60 ml) butter
¼ cup (60 ml) all-purpose flour
2½ cups (625 ml) warm milk
Salt and white pepper to taste

Instructions

1. Melt butter in a heavy bottom sauce pan over medium low heat. Ensure that the butter does not brown.
2. Add flour and stir until fully mixed. The butter and flour mixture should bubble up slightly.
3. Add about ½ cup of the warm milk slowly, stirring to keep the mixture smooth.
4. Add the remainder of the warm milk slowly, stirring constantly.
5. Heat to just a gentle rolling simmer, stirring constantly. Cook for 6 to 8 minutes until desired consistency and flour is cooked.
6. Season to taste with salt and white pepper.



Watch a video that demonstrates this recipe at

<https://www.youtube.com/watch?v=WpZY63gAYDA>.

Adapted from Dairy Goodness Basic White Sauce

Tips

- ☑ Slightly warming the milk helps it to incorporate into the flour and butter mixture and keeps the sauce nice and smooth.
- ☑ For a thinner sauce, use 2 tbsp (30 ml) of butter and 2 tbsp (30 ml) of flour to 2 cups (500 ml) of milk.
- ☑ For a thicker sauce, use 6 tbsp (90 ml) of butter and 6 tbsp (90 ml) of flour to 2 cups (500 ml) of milk.