

White sauce—a break from McDonald's

The student blues can really be a drag, especially in the kitchen.

Inflated food prices can be disastrous for the small budgets and empty stomachs of the 12,000 off campus students.

If most of you 12,000 handle this situation as we do, you're probably living on McDonald's hamburgers and peanut butter sandwiches. For those lacking ambition and large bank accounts, the quick service hamburger stands offer brief relief from hunger pangs. But after about three successive meals there, the menu becomes boring at best and is of questionable nutritional value.

Through experimentation, we have come up with recipes that are cheap and easy to make, yet filling and nutritious. A sampling is presented in this column.

Common dishes can be improved with additions or substitutions. A little daring can turn simple foods, such as ground beef or luncheon meats, into excellent main dishes.

For example, try a recipe for white sauce, which can be used as the foundation for a variety of dishes.

There are three thicknesses of white sauce, each used for a different purpose. Medium white sauce can be used in gravy, sauces and scalloped and creamed dishes. Thick white sauce is used for croquettes and souffles. Thin white sauce is best for soups and creamed vegetables.

karen richardson & ron sindelar tooth picks

White Sauce

Medium (makes 1 cup):
2 Tbsp. butter or margarine
2 Tbsp. all-purpose flour
1/4 tsp. salt
1 cup milk

Thick (makes 1 cup):
3 Tbsp. butter or margarine
4 Tbsp. all-purpose flour
1/4 tsp. salt
1 cup milk

Thin (makes 1 1/2 cups):
1 Tbsp. butter or margarine
1 Tbsp. all-purpose flour
1/4 tsp. salt
1 1/2 cups milk

To prepare white sauce, melt the butter in a saucepan over low heat. Blend in the flour, salt and a dash of pepper. Next add all the milk. Cook quickly, stirring constantly, until the mixture thickens and bubbles. Remove the sauce from the heat when it bubbles. Then add flavorings or whatever and stir until smooth.

If the sauce cooks too long, it becomes too thick and the butter separates. To salvage, stir in a little more milk. Again cook quickly, stirring constantly until the sauce bubbles.

Thin white sauce provides an excellent base for any creamed soup, such as potato, mushroom, tomato, celery, onion; nearly anything you wish.

Once again, if you have an unusual or not so unusual recipe that you have concocted or has been in the family for centuries, you can share it with the rest of the community by mailing it to:

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