

WHITE SAUCE

4 T butter

4 T flour = 1/4 cup

1/2 t salt - dash pepper

2 C milk

Melt butter over low heat. Blend in flour and seasonings, stirring with spoon until mixture is smooth and bubbly. Let bubble at least 1 minute. Pour milk in all at once. Bring to a boil, stirring constantly.

(In microwave: Heat butter 1 min. Stir in flour and heat 1 min. Add milk and stir thoroughly. Heat 5 min. Stir.)

Creamed chipped beef or creamed chipped ham: Make white sauce but omit the salt. Add 1 pound of chipped ham or chipped dried beef and heat through on low heat.