

White Sauce Recipe



INGREDIENTS

Dairy-free stick margarine such as Earth Balance (make sure water is not the first ingredient and that it has around 11 grams of saturated fat per serving)

All-purpose flour
Salt
Pepper
Desired herbs (parsley, garlic, sage)
Chicken broth

PREPARATION

1. Melt 2 tbsp dairy-free margarine in microwave. Use 1-quart size bowl or larger.
2. Measure 2 tbsp flour into a small separate bowl, add 3 dashes of salt and mix. Add flour/salt mixture to melted margarine while whisking. It will be thick and clumpy.
3. Measure 2 cups chicken broth, add to the flour margarine slurry and whisk well for 1-2 minutes. It will be clumpy.
4. Microwave mixture for 2 minutes, carefully remove from microwave and whisk well. Try to whisk most clumps away (there may still be a few smaller clumps).
5. Microwave mixture again for 2 minutes, carefully remove from microwave, whisk well and break up clumps that exist (there may still be a few smaller clumps).
6. Microwave mixture again for 2 minutes, carefully remove from microwave, whisk well until most clumps are dissolved. Mixture will begin to thicken.
7. Microwave mixture again for 2 minutes, carefully remove from microwave and whisk well. Mixture will continue to thicken.
8. Microwave mixture again for 2 minutes, carefully remove from microwave and whisk well. Mixture will be medium thickness and should be free from clumps.
9. Sprinkle in 3 dashes of pepper and herbs as desired.



For a thicker sauce, use 3 tbsp flour, 3 dashes salt, 3 tbsp margarine and 2 cups chicken broth.

Dairy-free Cream Soup Casserole Base: Use white sauce recipe above. Instead of adding pepper and herbs, add 1 tsp of Better than Bouillon Seasoned Vegetable Base.

Dairy-free Turkey Gravy: Start with 2 cups boiling turkey drippings (fat separated out), add 1 cup prepared white sauce and whisk well over medium-low heat until desired thickness. Season with pepper, sage and thyme to taste.

Makes 2 cups.

* Recipe from Purewow.com

