

Sauce, Sauce and More Sauces by Food Storage Moms

White Sauce:

Ingredients:

- 1 cup butter
- 1-1/2 cups flour
- 1/2-gallon milk (more or less depending, on the consistency you like)

Instructions:

Melt: 1 cup butter (I am cringing that I am really admitting I use 2 cubes of butter)

Add: 1-1/2 cups flour, stir constantly to make a roux.

Add: 1/2-gallon milk, stir constantly, I really do mean constantly. LOL, or you will have lumps!

You can make creamed chipped beef on toast or biscuits with this sauce by adding chopped beef. You can also make macaroni and cheese by adding cheese to this sauce and pouring over cooked macaroni. Creamed tuna on toast was a meal we had almost every week when I was growing up.

Egg Foo Young Gravy/Sauce:

Ingredients:

- 2 cups water
- 2 bouillon cubes or 1 tablespoon Better Than Bouillon
- 2 tablespoons sugar
- 1/4 cup soy sauce or Bragg's sauce
- 4 tablespoons cornstarch

Instructions:

Place these ingredients in a medium saucepan and whisk until smooth. Bring to a boil while stirring constantly. Serve warm over the egg foo young.

Jalapeno Pepper Jelly Sauce:

Ingredients:

- 1 cup chopped red bell peppers
- 1 cup chopped green bell peppers
- 1/3 cup diced and seeded jalapenos (use gloves to chop them)
- 3 cups sugar
- 1/2 cup red wine vinegar
- 1 tablespoon lime juice
- 6 tablespoons liquid pectin

Instructions:

Combine all of the ingredients in a large saucepan over medium heat and stir constantly until sugar dissolves. Let it cool before placing the ingredients into your blender and blend for 5-6 seconds. Now, return the mixture to the same pan and bring it to a boil. Skim the foam off the top of the mixture. Now turn the heat to simmer for 5 minutes. Add the pectin and bring the mixture back up to boil again. Let it slightly cool before serving over your favorite Mexican dishes or meats.

Sweet Meat Glaze:

Ingredients:

- 1 cup brown sugar (packed)
- 2 tablespoon cornstarch
- 1/2 cup balsamic vinegar
- 1 cup cold water
- 4 tablespoons soy sauce or Bragg's sauce

Instructions:

Combine all the ingredients in a pan, stir constantly like a white sauce until it thickens. This sauce is almost like a barbecue sauce that you pour over a pork roast, pork chops or a pork tenderloin that's been cooked. Broil the meat with half of this sauce in a 9-inch by 13-inch pan under the broiler. Please watch this constantly as it will burn very quickly. Remove from the oven when it starts to caramelize.