

Home on the Range

Saucy Ideas To Dress Up Any Dish

Looking for new ways to add excitement to a favorite dish? A saucy solution starts with a basic white sauce enlivened with herbs, condiments, cheese or other equally flavorful ingredients.

The American Dairy Association offers a basic white sauce recipe and 20 variations to be served over cooked vegetables, potatoes, fish, roasts, and other ways.

BASIC WHITE SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- ¼ teaspoon salt
- Dash pepper

Melt butter in small, heavy saucepan. Blend in flour and cook, stirring constantly, for 2 minutes. Remove from heat. Gradually add milk, stirring until smooth. Bring to a boil over medium heat, stirring constantly. Stir in salt and pepper.

VARIATIONS:

Parmesan Pepper Sauce — Add ¼ cup parmesan cheese and dash of ground nutmeg. Serve over pasta.

Cheese Sauce — Add about ¼ cup shredded cheddar, Swiss or Monterey Jack cheese; 1 teaspoon Worcestershire sauce; and a dash of cayenne pepper. Serve over pasta or vegetables.

Egg Sauce — Add ¼ teaspoon dry mustard to flour, and stir in 1 to 2 chopped or sliced hard-cooked eggs at end of cooking. Serve over vegetables or fish.

Paprikash Sauce — Substitute chicken broth for half the milk, and add 2 teaspoons sweet Hungarian paprika and ¼ teaspoon onion powder with flour. Serve over chicken or veal.

Curry Sauce — Add about ½ teaspoon curry powder. Serve over shrimp, chicken, or eggs.

Sauce Florentine — Add 1 cup chopped, cooked spinach and a dash of ground nutmeg. Serve over fish, chicken, eggs or pasta.

Mushroom Sauce — Add 1 cup sauteed mushrooms. Serve over fish, chicken or vegetables.

Sauce Dijon — Add 3 to 4 tablespoons Dijon-style prepared mustard, and freshly ground pepper to taste. Serve over chicken, pork or veal.

A la King Sauce — Substitute chicken broth for half the milk and add ¼ cup diced green pepper and 3 tablespoons chopped pimiento. Serve over chicken or eggs.

Honey Mustard Sauce — Add 3 to 4 tablespoon Dijon-style prepared mustard, and 2 tablespoons honey. Serve over chicken or pork.

Parsley Sauce — Add 2 tablespoons chopped parsley. Serve over fish, chicken or veal.

Lemony Chive Sauce — Add 1 tablespoon snipped chives and 1 to 2 teaspoons lemon juice. Serve over vegetables, fish, chicken or veal.

Caper Sauce — Add 2 tablespoons drained coarsely chopped capers and 1½ teaspoons lemon juice. Serve over fish or chicken.

Shrimp Sauce — Add 1 cup coarsely chopped cooked shrimp and 1 tablespoon chopped parsley. Serve over fish, eggs, or pasta.

Anchovy Sauce — Add 2 to 3 tablespoons anchovy paste and a dash of cayenne pepper. Serve over fish.

Mornay Sauce — Add 2 tablespoons grated gruyere or Swiss cheese, 2 tablespoons grated parmesan cheese, a dash of grated nutmeg, and a dash of cayenne pepper. Serve over vegetables or eggs.

Horseradish Sauce — Add 1 tablespoons prepared horseradish. Serve over beef.

Cucumber Sauce — Add ½ cup diced, peeled, cucumber cooked tender-crisp; and 1 teaspoon lemon juice. Serve over fish.

Bleu Cheese Sauce: Add ½ cup crumbled Bleu cheese and coarsely ground pepper to taste. Serve over broiled or grilled steak, lamb chops, or lamb or beef patties.

Russian Sauce — Add ¼ cup shrimp cocktail sauce or chili sauce, combined with ¼ cup dairy sour cream. Served over fish.

Here are some more sauce, dip, and dressing recipes from our readers.

HONEY BUTTER SAUCE

- ½ cup butter
 - ¼ teaspoon cinnamon
 - Dash salt
 - ¼ cup honey
 - ½ cup whipping cream
 - 1 teaspoon grated orange peel
- Combine butter, cinnamon, and salt in saucepan; heat until butter melts. Blend in honey. Stir in cream and orange peel. Serve warm over ice cream or fresh fruit.

Yvonne Peterman
Pa. Alternate Dairy Princess



Served drizzled over vegetables, meat, and breads, sauces add excitement to any dish.

THREE WAY DIP

- 2 cups cottage cheese
- 1 cup crumbled blue cheese
- 2 tablespoons chopped green onion

1 teaspoon Worcestershire sauce

- 2 tablespoons fresh lemon juice
- 1 cup dairy sour cream

Place cottage and blue cheese in blender or food processor. Blend or process until fairly smooth. Transfer to medium bowl. Stir in onion, Worcestershire sauce, and lemon juice. Gently fold in sour cream. Cover and chill. Serve with crackers or vegetable dippers. Dip may also be used as a salad dressing or served on baked potatoes. Yields 4 cups.

Yvonne Peterman
Pa. Alternate Dairy Princess

CRAB MEAT DIP

- 4 ounces cream cheese
- ¼ tablespoon onion, grated
- ¼ teaspoon worcestershire sauce

- 7-ounce can crab meat
- Dash salt

- 1 teaspoon lemon juice
- 6 tablespoons sour cream

Cheese should be at room temperature. Add remaining ingredients and mix together. Chill before serving.

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Featured Recipe

Again and again we receive requests for sourdough or friendship starter and recipes that go with it. Generally the starter for these recipes are given by a friend. But you can start your own according to the given recipe in this section.

Here is a recipe that can be made from the starter. Please clip these recipes because we hate to take up the same space to run these recipes again and again.

Thanks to Elizabeth Littleton, Glen Arm, Md., and Lillian Fretz, Schwenksville, for sending recipes for the bread.

AMISH CINNAMON BREAD

- Day 1: Receive starter, place in large loosely covered bowl.
- Day 2 — stir.
- Day 3 — stir.
- Day 4 — stir.
- Day 5 — Add 1 cup each flour, milk, and sugar, and stir.
- Day 6 — Stir.
- Day 7 — Stir.
- Day 8 — Do nothing.
- Day 9 — Do nothing.
- Day 10 — Add 1 cup each of sugar, flour, and milk. Stir and separate into three containers with lids. 1 cup each to give to friends.

- To remaining batter, add:
- 2 cups flour
 - ½ teaspoon salt
 - 1 teaspoon baking soda
 - 1 cup oil or applesauce
 - 1 cup raisins or dates
 - 1 cup nuts, chopped
 - 1 cup sugar
 - 2 teaspoons cinnamon
 - 4 eggs
 - 1 large box instant vanilla pudding
- Beat together all ingredients. Grease and flour two loaf pans. Bake at 325 degrees for one hour.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

May-

- 4- Using Bananas, Oranges, Pineapples
- 11- Your Mother's Favorite Recipe
- 18- National Barbecue Month
- 25- Berry Recipes