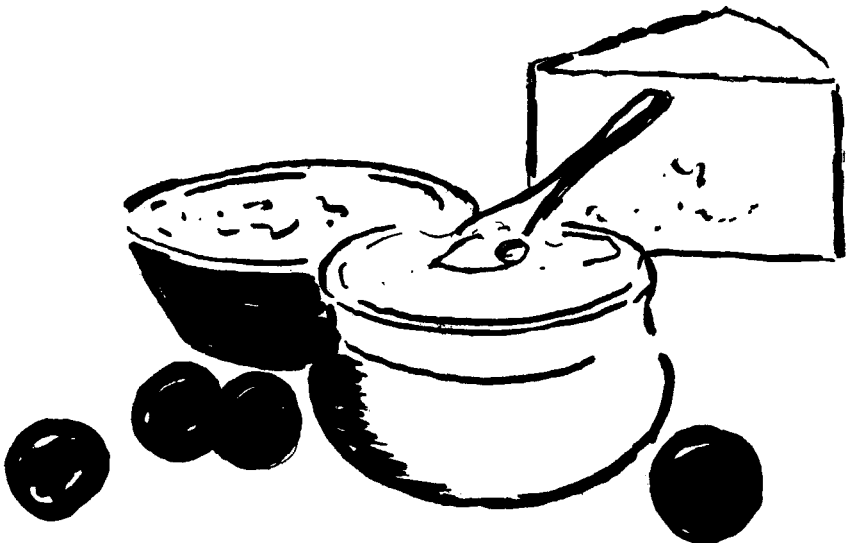


# SAUCES



## ALFREDO SAUCE

1 stick butter or margarine  
Garlic powder, liquid, or 1 clove of garlic pureed  
1 small carton whipping cream  
1/2 small carton sour cream  
Salt and pepper to taste  
Grated Parmesan cheese - 1/2 cup

Melt butter, add garlic on low *heat*, and both creams. Mix well and add salt and pepper if desired. Take from heat and add Parmesan cheese. Blend.

Use over blended meats, vegetables, mashed potatoes, or blended pasta.



## HERBED LEMON BUTTER SAUCE

1/4 cup melted butter  
2 tbsps. lemon juice  
2 tbsps. finely chopped parsley  
1/4 tsp. dill, rosemary or marjoram, crumbled  
1/4 tsp. salt  
1/8 tsp. coarsely ground pepper

*Strain.* Use for basting fish.

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## MUSHROOM BUTTER SAUCE

**Saute:**

1 lb. chopped mushrooms  
1 chopped onion  
1/2 stick butter  
1 tbsp. flour  
Salt and pepper

Blend all ingredients and *strain*.

Use over blended meats, vegetables, mashed potatoes, or blended pasta.



## QUICK HERBED HOLLANDAISE SAUCE

1/2 cup butter  
1-1/2 tbsps. fresh lemon juice  
1/4 tsp. dill  
Generous dash white pepper  
3 egg yolks, well-drained of whites  
1 tbsp. finely chopped fresh parsley

In small saucepan, heat butter with lemon juice, choice of herbs and pepper until bubbly. Add slowly to egg yolks, beating constantly with wire whisk. Stir in parsley. *Strain*.

## ZESTY SALMON SAUCE

1/2 cup butter  
3 tbsps. soy sauce  
2 tbsps. catsup  
1 tsp. each Worcestershire sauce and dry mustard  
1 clove garlic, crushed

Combine ingredients in small saucepan; heat gently but thoroughly.



“Life, so long as it’s lived with the *determination to be useful*, can *be* rewarding. That cancels out the fear.”

Jacob Javits

## **HELPFUL HINTS SAUCES**

### **TIME SAVERS:**

1. Use prepared strained sauces to enhance flavor and moisten foods.
2. Use blended and strained cream soups as sauces.

### **DID YOU KNOW ...**

1. Canned cheddar cheese soup will add extra calories, as well as make an excellent sauce.