

21. Sauces & Syrups

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Quick Barbecue Sauce

1 large onion, chopped	¼ cup brown sugar, firmly packed
¼ cup vegetable oil	3 tablespoons Worcestershire sauce
1 can (8 ounces) tomato sauce	2 tablespoons prepared mustard
½ cup water	2 teaspoons salt
¼ cup lemon juice	¼ teaspoon pepper

Cook onion until tender in vegetable oil. Add remaining ingredients. Simmer 15 minutes. About 3 cups.

Hamburgers, chicken, frankfurters, steak or shrimp are delicious simmered in Quick Barbecue Sauce – or use sauce to baste with when you barbecue outdoors.

For Sloppy Joes: Brown 1½ to 2 pounds ground beef with the onion and continue on with sauce.

White Sauces

	Vegetable Oil	Flour	Seasoning	Milk
Number 1 – Thin (for vegetables, soup or macaroni)	1 tablespoon	1 tablespoon	½ teaspoon salt dash pepper	1 cup
Number 2 – Medium (for meats, eggs, noodles, fish and scalloped dishes)	2 tablespoons	2 tablespoons	½ teaspoon salt dash pepper	1 cup
Number 3 – Thick (for soufflés and binding some croquettes)	3 tablespoons	4 tablespoons	½ teaspoon salt dash pepper	1 cup
Number 4 – Very Thick (for binding croquettes)	3 tablespoons	½ cup	½ teaspoon salt dash pepper	1 cup

Method: Blend vegetable oil with flour and seasonings in small, heavy pan; add milk gradually. Cook over medium heat; stir constantly. Reduce heat; cook 1 minute more.

Blueberry Syrup

1 cup blueberries
¼ cup water
¼ cup sugar (or more)

Combine ingredients in heavy saucepan and bring to boil. Cook 2 to 3 minutes. Use over ice cream, pancakes or pound cake. Makes about 1½ cups.

Vanilla Sauce

1 cup milk	1½ tablespoons cornstarch
¼ cup sugar	1 teaspoon vanilla
Big piece of butter (about 2 tablespoons)	1 teaspoon nutmeg

Combine sugar, cornstarch and nutmeg in saucepan. Add butter, milk and vanilla. Bring to boil, stirring constantly. Serve over apple dumplings.

Horseradish Sauce

½ cup mayonnaise	½ teaspoon sugar
2 tablespoons grated fresh horseradish or commercial, well drained	Pinch of salt
	¼ cup whipping cream, softly whipped

Mix mayonnaise, horseradish, sugar and salt in small bowl. Gently fold in cream, blending well. Cover and chill thoroughly before serving.

Horseradish Cream

1 cup sour cream	½ teaspoon sugar
3 tablespoons horseradish	½ teaspoon white pepper
1 teaspoon white vinegar	

Combine all ingredients; add salt to taste. Chill before serving.