



Department of
Primary Industries and
Regional Development

Journal of the Department of Agriculture, Western Australia, Series 3

Volume 7
Number 1 *January-February, 1958*

Article 7

1-1958

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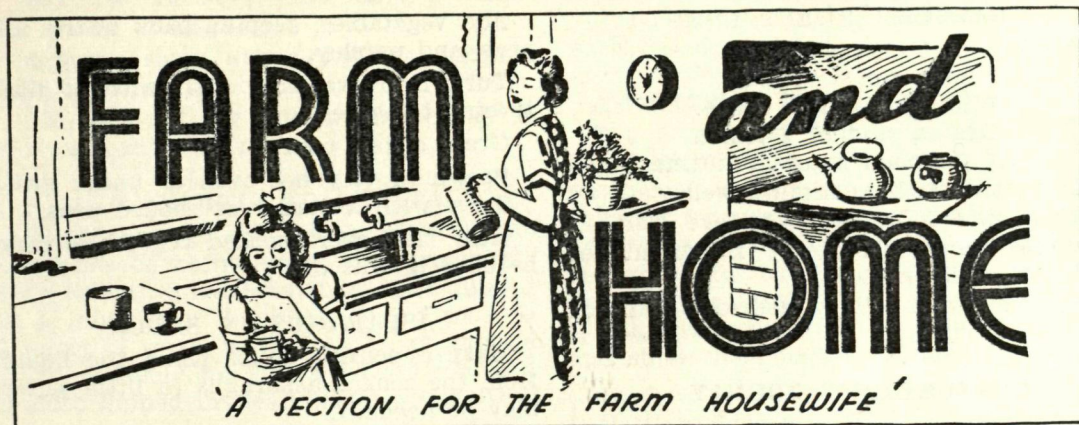
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Spencer, Margaret (1958) "Farm and home - The sauce is so important.," *Journal of the Department of Agriculture, Western Australia, Series 3*: Vol. 7: No. 1, Article 7.

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The Sauce is so Important

By MARGARET SPENCER

HOT dishes are "tops" at parties these days, and to the party give a quantity of well-made white sauce gives a good start to the quick and easy preparation of very many really delicious dishes which are sure to be "flavour favourites." Don't restrict their use to parties—the family will love them for luncheon and of course a lot of left-overs can be dressed up and made welcome on the meal table by the use of the sauce in one of its many forms.

With a few suggestions as a guide, let your imagination run riot. It can be fun!

BASIC WHITE SAUCE

Ingredients.

- 2 oz. butter.
- 2oz. plain flour.
- 1 pint liquid (milk or stock).
- Salt and pepper.

Method.

Heat the butter in a saucepan till just melted. Sift in the flour and stir till smooth. Stir over fire till it is frothy (like honeycomb). Do not brown.

Remove from heat and add liquid gradually stirring well and cooking after each addition. When all liquid has been added cook till it has boiled three minutes. Add seasoning.

The sauce should be smooth and glossy.

The above proportions give a "coating" consistency.

For a thinner, "pouring" sauce use $1\frac{1}{2}$ oz. of butter and $1\frac{1}{2}$ oz. flour to 1 pint liquid.

VARIATIONS

Apart from the commonly-used parsley there are many additions which may add interest to this sauce.

Anchovy Sauce (delicious with steamed fish). To $\frac{1}{2}$ pint sauce add 1 teaspoon anchovy essence.

Caper Sauce (served with boiled mutton). To $\frac{1}{2}$ pint sauce add 1 tablespoon chopped capers and 1 tablespoon caper vinegar.

Onion Sauce (with boiled mutton, or poured over cold cooked lamb and sprinkled with cheese, then browned). To $\frac{1}{2}$ pint sauce add 3 tablespoons chopped cooked onion. Or mix sauce with an equal quantity of onion puree.

Cheese Sauce (served with cauliflower, fish; used in salmon mornay, etc.). To $\frac{1}{2}$ pint sauce add 2 tablespoons of grated cheese and a little mixed mustard.

Sweet Sauces.—Omit salt and pepper and add sugar and flavourings as desired.

SAVOURY SWEET CORN

Make $\frac{1}{2}$ pint cheese sauce.

Add—1 large tin sweetcorn.

1 teaspoon lemon juice.

Grated rind of $\frac{1}{2}$ lemon.

$\frac{1}{2}$ teaspoon mace or nutmeg.

Heat thoroughly, stirring well.

Pour into a heated ovenware dish.

Grate cheese over top. Brown in hot oven or under griller.

Garnish with rolls of grilled bacon and sprigs of parsley.

VEGETABLE MORNAV

Ingredients.

1 carrot, 1 parsnip, 1 small potato, piece of leek or white onion, small piece of celery (or any selection of suitable vegetables).

$\frac{3}{4}$ lb. peas.

2 or 3 tomatoes.

1 teaspoon finely chopped parsley.

Pinch of mace.

Basic cheese sauce using 1 oz. butter

1 oz. flour $\frac{1}{4}$ pint milk (the stock from the vegetables will be added).

Salt and pepper.

Cheese to grate over top.

Method.

Scrape or peel vegetables and cut into small dice.

Cook in boiling salted water till just tender.

Cook peas separately with a little sugar and mint added.

Line an ovenware dish with sliced, skinned tomatoes. Sprinkle with salt and pepper. Add 1 or 2 tablespoons water. Bake in oven. Make sauce.

Strain cooked vegetables. Add sufficient of the liquid to the sauce to form a coating consistency.

Add vegetables, keeping back nearly all peas, and parsley.

Turn into ovenware dish without disturbing tomatoes.

Grate cheese over.

Brown in very hot oven or under grill.

Serve with a border of cooked peas.

(Any "left-over" cooked vegetables may be used in this dish).

ASPARAGUS IN SAUCE

Make a pouring sauce using the liquid from the cooked asparagus (a little water may be needed).

Add 1 dessertspoon lemon juice.

Grated lemon rind, salt, nutmeg.

Sliced gherkin.

Chopped hard boiled egg.

Pour over asparagus.

Serve very hot with fingers or triangles of toasted bread.

(Note—It is not necessary to make a large quantity of sauce. Avoid diluting the asparagus juice too much.)

CAULIFLOWER AU GRATIN

1 cauliflower.

$\frac{1}{2}$ pint cheese sauce.

Extra cheese.

Soak and wash cauliflower. It may be left whole, or be broken into small pieces.

Cook in boiling salted water till just tender and not discoloured or broken.

Place flower side up in ovenware dish.

Pour sauce over top and sprinkle with grated cheese.

Brown the top.

Garnish with parsley.

HOUSEHOLD HINTS

PLAIN silver that has been neglected and become tarnished may be very simply cleaned using aluminium foil and bicarbonate of soda. Egg spoons which have not been washed soon after use and have discoloured (due to the presence of sulphur in the egg) respond to this treatment.

Place a large piece of aluminium foil in the bottom of an old enamel saucepan. Add water (enough to cover silver

to be cleaned) and 1 tablespoon of bicarbonate of soda to each quart of water.

Bring to boil. Remove from heat.

Immerse the silver and leave to stand for a few minutes.

Remove, rinse, and dry silver. Polish with a soft cloth or chamois.

N.B.—Do not use this method on silver with an oxidised pattern.

ADD SPARKLE TO CRYSTAL

Bicarbonate of soda is useful in cleaning glass or china vases and ornaments too. Rub the article with a cloth dipped in a solution of 3 tablespoons of soda to 1 quart of warm water. (A brush may be used on deeply cut pieces.) Then rub with a cloth dipped in clean warm water. Dry.

CLEAN OVENWARE EASILY

Stubborn marks on ovenware glass and china will respond to rubbing with a damp cloth dipped in baking soda, or put 2 to 3

tablespoons of soda in the dish and fill with hot water. Leave a few minutes then wash and dry.

A WRAPPING WITH POSSIBILITIES

The aluminium foil mentioned earlier has a lot of other uses too. If you go in for home freezing you will find it invaluable for wrapping foods to be frozen, and if you want to make sandwiches a day ahead for parties or lunch boxes you need have no fear of them becoming dry if you wrap them in the aluminium foil and store them in the refrigerator.

As it is not affected by oven temperatures it has many possibilities in cooking too.

Stuffed apples to be baked may be wrapped in it to retain all the juice and flavour.

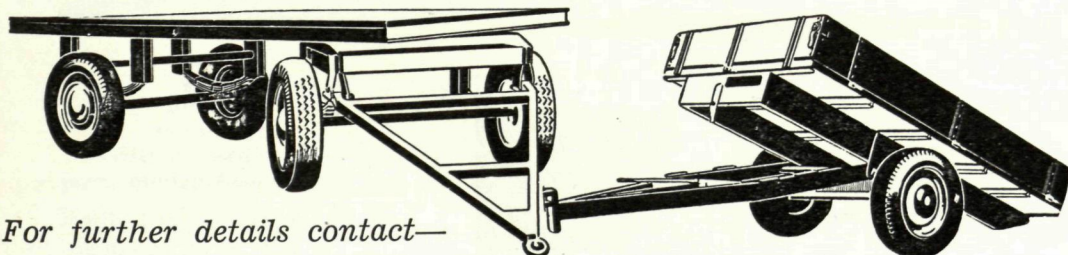


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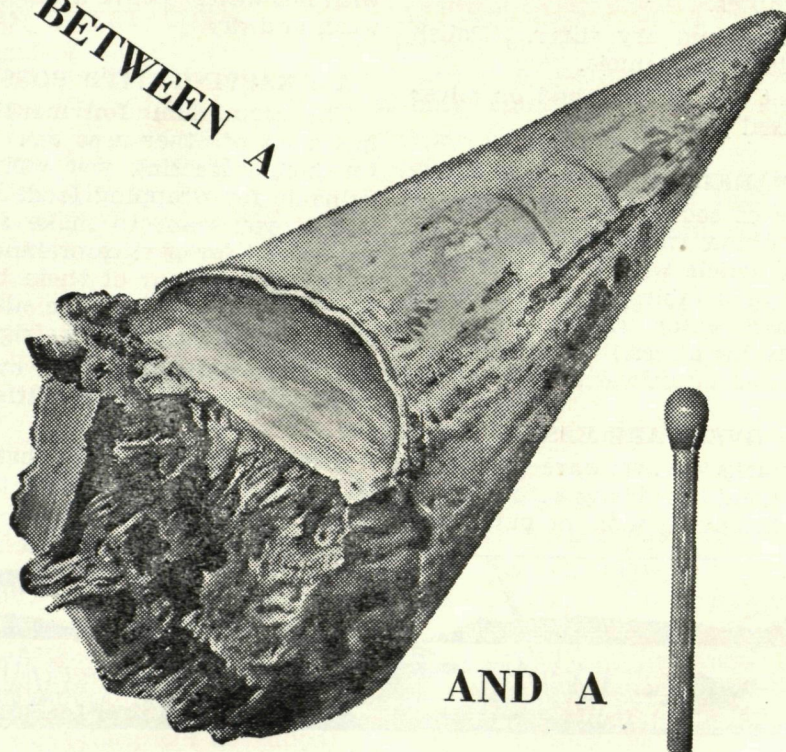


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