



The Oesophageal  
Patients Association  
Caring for the cancer patient & their family

## High Protein White Sauce

### Ingredients

1 pint fortified milk  
1 ½ oz butter or margarine  
1 ½ plain flour

### Method

Melt the fat in a saucepan; add the flour and stir well.

Cook gently for 1-2 minutes and remove from heat.

Add the milk a little at a time, stirring well to make a smooth sauce.

Return to heat, stir until sauce boils.

For a savoury sauce season with salt and pepper; for a sweet sauce add sugar to taste.

Variations, Cheese sauce; add 2-3oz grated cheese. Parsley Sauce; add 1-2 tablespoons chopped parsley. Egg Sauce; add a chopped hard-boiled egg.

