
Veloute Sauce III

Denise Kiepper - Marshall Field's Columbus

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

3/4 cup canned chicken broth

3/4 cup water

3 tablespoons butter or margarine

3 tablespoons all-purpose flour

1/4 teaspoon salt

1/8 teaspoon pepper

Make the Veloute Sauce: In a bowl, combine the broth and water. Set aside. In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook, stirring constantly, until lightly browned.

Gradually add the broth. Cook over medium heat, stirring constantly, until thickened. Stir in the salt and pepper. Cook, stirring constantly, over medium heat until the mixture is reduced to 1-1/4 cups.

Yield: 1 1/4 cups

Chicken

Per Serving (excluding unknown items): 391 Calories; 35g Fat (78.9% calories from fat); 3g Protein; 18g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 890mg Sodium. Exchanges: 1 Grain(Starch); 7 Fat.