

# *Wesson Recipe Collection Series #1*

Great recipe from the Hunt-Wesson  
Kitchens...for frying, baking, and salads  
with Wesson Oil!



## SUBSTITUTING WESSON OIL FOR SOLID SHORTENING

Wesson Oil may be used interchangeably with solid shortening or butter in **some** recipes. In many cases when a recipe calls for **melted** shortening, butter, margarine, etc. Wesson Oil can be substituted successfully — for example, in pancake batter and for frying.

Oil and shortenings are roughly equal in amount of fat per cup, but shortenings have a very small amount of air whipped into them in the processing. A cup of oil, for instance, contains slightly more fat than a cup of shortening.

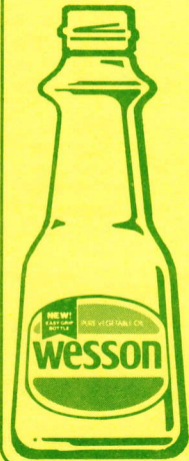
A rule of thumb for substituting, when the recipe will allow, is to use **7 tablespoons** of oil for  $\frac{1}{2}$  **cup** of shortening. But we strongly suggest that for baked products, you rely on recipes specifically developed for oil usage. Substituting oil in a baking recipe intended for shortening will often result in textural changes and an unsatisfactory product.



## SPECIAL HELPS FOR PERFECT FRIED FOODS EVERY TIME

1. Use a frying thermometer to **know** your oil is the correct temperature (350 – 375° for most recipes). Nothing is more important in frying than proper oil temperature. It insures fried foods that are crisp, golden brown and perfectly cooked. Too high temperature results in foods burned on the outside and uncooked in the center. Too low temperature results in foods that are soggy, greasy tasting and pale colored.
2. Dry moist foods with paper towels before frying to remove any excess moisture that could cause spattering.
3. To help keep the oil temperature from dropping below the correct level, have food at room temperature before adding it to the preheated oil and add food to the oil in small batches.
4. For a crisper crust, let foods coated with batter, crumbs, etc. stand a few minutes before frying.





## FUN FONDUE MEATBALLS

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 cup soft bread crumbs     | 1 teasp. instant minced onion |
| 1 beaten egg                | ¼ teasp. garlic powder        |
| ¼ cup Hunt's Tomato Ketchup | 1 lb. ground beef             |
| ¾ teasp. seasoned salt      |                               |

In medium bowl, thoroughly combine all ingredients. Form into about 36 (1-inch) meatballs. Makes 4 servings.

### CHICKEN

2½ lbs. chicken breasts skinned, boned and cut into ¾-inch cubes will make about 4 servings.

### COOKING

Fill fondue pot to **no more than ⅓ depth with oil**. If you use an electric fondue pot, preheat the oil in the pot. If you use a fondue pot with a candle type burner, preheat the oil in the fondue cooker pot on your range over medium heat then transfer to candle burner. **Always use a frying thermometer** to determine when the oil reaches 375° and watch the oil carefully as it preheats. Have meats at room temperature. Spear with bamboo skewers or long-handled fondue forks and cook a few at a time.

Chicken	About 45 seconds
Meatballs	About 1½ minutes



## CRISPY CORN DOGS

1¼ cups biscuit mix  
½ cup corn meal  
2 Tablesp. sugar  
1 egg, beaten  
¾ cup milk

Dipping Sauce  
10 cold hot dogs  
Wesson Oil for frying  
10 wooden skewers

In a medium bowl, combine biscuit mix, corn meal and sugar; beat in egg and milk until smooth. **Allow batter to stand at least 30 minutes.** Meanwhile, fill deep skillet or Dutch oven, ⅓ full with Wesson Oil, heat to 350°. Pat hot dogs dry with paper towel; dip in batter, allowing excess to drain off. Fry corn dogs, a few at a time, until golden brown; turning once. Drain on paper towels. Insert wooden skewers. Makes 10 corn dogs.

Dipping Sauce: Blend 1 cup Hunt's Tomato Ketchup, 1 teaspoon instant minced onion, ½ teaspoon prepared mustard and ¼ teaspoon garlic powder. Let stand while preparing corn dogs.

To make hors d'Oeuvre: Cut hot dogs into 1-inch pieces, coat with batter, fry 3 to 5 minutes, serve with toothpicks. Makes 50 hors d'Oeuvres.

## WESSON CRISPY COATED FRIES

3 to 4 large russet potatoes,  
peeled  
2 cups all-purpose flour  
1 Tablesp. salt  
2 teasp. paprika

½ teasp. pepper  
2 eggs  
2 Tablesp. milk  
Wesson Oil

Cut potatoes lengthwise into pieces ¼-inch thick and 1-inch wide. In a medium bowl, soak in cold water 20 minutes, change water once. Drain, pat dry with paper towel. Combine flour and seasonings in a bag. Shake potato pieces, a few at a time, to coat. Dip coated potatoes into eggs beaten with milk; shake potatoes in flour mixture again. Fill a large, heavy skillet or electric frypan to ⅓ its depth with Wesson Oil. Preheat oil to 375°. Fry **small batches of potatoes** until golden brown, turning once. Keep warm in 200° oven while frying remaining potatoes. Makes 6 servings.





## DINNER-IN-A-DISH SALAD

- 1 egg
- 2 Tablesp. lemon juice
- 1 cup Wesson Oil
- 1½ teasp. seasoned salt
- 1½ to 2 teasp. dried tarragon or dill weed
- 2 cups elbow macaroni, cooked and drained
- 1 cup julienne strips cooked ham, 2-inches long
- 1 cup ½-inch cubes Cheddar or American cheese
- 1 (10-oz.) pkg. frozen peas, thawed
- 1 cup sliced celery
- 1 (8¼-oz.) can pineapple chunks, well drained
- 6 large leaves butter lettuce

In blender jar, combine egg, lemon juice and ¼ cup Wesson Oil, blend until slightly thickened. Add remaining Wesson Oil pouring in a **slow, steady** stream while blender is running. Continue blending until mixture is thickened. Add seasonings, mix well. Combine dressing and remaining ingredients **except lettuce** in a large bowl. Toss gently until well mixed. Chill thoroughly. Serve salad on lettuce leaves. Makes 6 servings.

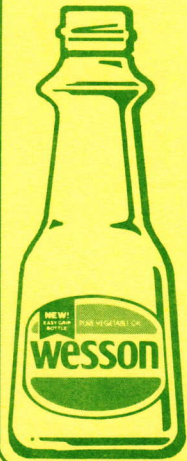


## SUNNY SHERRY DRESSING

- |                                    |                              |
|------------------------------------|------------------------------|
| $\frac{1}{2}$ cup Wesson Oil       | 2 teasp. toasted sesame seed |
| $\frac{1}{4}$ cup dry sherry       | 1 teasp. seasoned salt       |
| $\frac{1}{4}$ cup orange marmalade |                              |
| 2 Tablesp. lemon juice             |                              |

Combine all ingredients in a mixing bowl or jar with tight fitting lid. Stir or shake until well mixed. Refrigerate several hours to blend flavors. Makes about  $1\frac{1}{4}$  cups dressing, enough for 8 to 10 cups fruit.

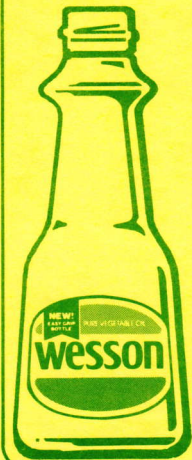




## SWEET AND SOUR PORK

- 2 eggs, well beaten
- 6 Tablesp. all-purpose flour
- 2 Tablesp. milk
- 1 teasp. salt
- 1½ lbs. boneless pork shoulder; cut in 1-inch cubes
- 3 cups Wesson Oil
- ¼ cup brown sugar, packed
- 2 Tablesp. cornstarch
- 1 (8-oz.) can Hunt's Tomato Sauce
- ¼ cup cider vinegar
- ¼ cup light corn syrup
- 1 (20-oz.) can pineapple chunks, drained  
*reserving ½ cup juice*
- ¼ teasp. garlic salt
- ⅛ teasp. pepper
- 1 green pepper, cut in 1-inch squares
- ¼ onion, sliced into thin strips
- Hot cooked rice

In a medium bowl, mix eggs, flour, milk and salt until smooth. Add pork cubes; stir to coat well. Heat Wesson Oil to 375° in a 12-inch skillet. Transfer about ⅓ of the pork to skillet with a slotted spoon, allowing excess batter to drain off. Fry pork cubes about 10 minutes until coating is crisp and golden and pork is tender. Remove meat and drain well. Keep warm while frying remaining pork. Meanwhile, combine brown sugar and cornstarch in a large saucepan. Add tomato sauce, vinegar, corn syrup, reserved pineapple juice, garlic salt and pepper. Cook over medium heat until thickened, stirring frequently. Reduce heat; add green pepper, pineapple chunks, onion and cooked pork. Simmer 10 minutes, covered. Serve over rice. Makes 6 servings.



## RICE 'N RAISIN FRITTERS

$\frac{3}{4}$  cup all-purpose flour  
2 Tablesp. sugar  
2 teasp. cinnamon  
1 teasp. baking powder  
 $\frac{1}{2}$  teasp. salt  
2 eggs

$\frac{1}{2}$  cup milk  
1 cup cooked rice  
 $\frac{1}{2}$  cup raisins  
Wesson Oil  
Powdered sugar

In a bowl, mix flour, sugar, cinnamon, baking powder and salt. Add eggs and milk; beat until smooth. Stir in rice and raisins. Fill deep fryer or heavy saucepan to  $\frac{1}{3}$  its depth with Wesson Oil. Heat to 375° using a frying thermometer to check oil temperature. Ease batter by level tablespoonfuls into hot oil. Fry about 3 minutes or until golden brown, turning to brown both sides. Sprinkle with powdered sugar. Serve warm. Makes about 18 fritters.

## WESSON SPINACH MUSHROOM OMELET

- |                                                                              |                                    |
|------------------------------------------------------------------------------|------------------------------------|
| 1 (10 <sup>3</sup> / <sub>4</sub> -oz.) can condensed cream of mushroom soup | 1/2 teasp. chervil                 |
| 2 Tablesp. cream or milk                                                     | 1/4 teasp. salt                    |
| 12 Mushrooms, sliced                                                         | 1/8 teasp. each: pepper and nutmeg |
| Wesson Oil                                                                   | 8 eggs, beaten                     |
| 1 (10-oz.) pkg. frozen chopped spinach, cooked and drained                   | 1/2 teasp. seasoned salt           |
|                                                                              | 1/4 teasp. garlic powder           |
|                                                                              | 2 cups shredded jack cheese        |

In a saucepan, combine soup and cream. Heat through. Keep warm while preparing omelets. In a medium skillet, sauté mushrooms in **3 tablespoons** Wesson Oil until tender. Add spinach, chervil, salt, pepper and nutmeg; heat through; set aside. Beat eggs with seasoned salt and garlic powder. Coat bottom of 10-inch skillet or omelet pan with **1 tablespoon** Wesson Oil. Heat skillet over medium heat. Pour in **half** the egg mixture. As omelet cooks, loosen edges with spatula and tilt pan to let uncooked portion run under until omelet is set. Spoon half of spinach mixture over half the omelet, top with **half** the cheese. Fold omelet over filling, cover pan, cook over low heat 1 to 2 minutes, until cheese melts. Keep warm while preparing second omelet as above; serve on platter topped with hot mushroom sauce. Makes (2 omelets) 4 servings.



## MANDARIN STIR-FRY BEEF

### Wesson Oil

- 1 lb. round steak, sliced thinly against grain on diagonal into 2-inch long strips
- 1 tsp. garlic powder
- 1/2 tsp. ground ginger
- 1/4 lb. mushrooms, sliced
- 4 green onions, sliced on diagonal into 1/2-inch pieces
- 1/2 large green pepper, cut into thin strips
- 2 beef bouillon cubes dissolved in 1 cup of hot water
- 2 Tablesp. cornstarch
- 2 Tablesp. soy sauce
- 1 (11-oz.) can mandarin orange sections
- Hot cooked rice

In a wok or large skillet, heat **1 tablespoon** Wesson Oil over high heat; add **half** the meat, **half** the garlic and **half** the ginger and stir fry just until meat browns, about 30 seconds. Remove from wok. Heat **another tablespoon** of oil and repeat with **remaining** meat, garlic and ginger; remove from wok. Heat **2 tablespoons** oil in wok; add vegetables and stir fry until green pepper is crisp-tender. Push vegetables up on sides of wok. Pour in bouillon, cornstarch mixed with **1/2 cup cold water** and soy sauce; cook until thickened and transparent. Return meat to wok and heat through. Add orange sections and serve over hot cooked rice. Makes 4 servings.





## MARINATED BEEF SALAD

- 1 cup Wesson Oil
- 1/2 cup wine vinegar
- 3 Tablesp. prepared horseradish
- 1 teasp. Worcestershire
- 4 teasp. seasoned salt
- 2 teasp. dill
- 1/2 teasp. garlic powder
- 1/4 teasp. pepper
- 2 cups julienne strips of cooked beef
- 8-oz. Swiss cheese cut in julienne strips
- 2 hard cooked eggs, sliced
- 2 tomatoes, cut in wedges
- 1 avocado, cut in cubes (optional)
- 1/2 red onion sliced and separated into rings
- 1 bunch spinach torn into bite-size pieces
- 1/2 head romaine lettuce torn into bite-size pieces
- 1/2 head iceberg lettuce torn into bite-size pieces

In a medium bowl, blend first 8 ingredients; marinate meat for 1 hour in 1/2 **the dressing**. Combine remaining ingredients in a large bowl, top with meat mixture and **remaining** dressing; toss; serve immediately. Makes 6 main dish servings.



## WILTED LETTUCE AND BACON SALAD

- |                                                          |                                                          |
|----------------------------------------------------------|----------------------------------------------------------|
| <b>6</b> slices bacon, cut in $\frac{1}{2}$ -inch pieces | <b>1</b> head iceberg lettuce torn into bite-size pieces |
| <b>1</b> large onion, chopped                            | <b>4</b> hard cooked eggs, sliced                        |
| $\frac{1}{4}$ cup Wesson Oil                             | <b>2</b> zucchini, sliced                                |
| $\frac{1}{2}$ cup wine vinegar                           | <b>1</b> tomato cut in wedges                            |
| $\frac{1}{2}$ cup brown sugar                            | <b>5</b> radishes thinly sliced                          |
| <b>1</b> teasp. seasoned salt                            | $\frac{1}{2}$ cup each: sliced celery and green onions   |
| $\frac{1}{4}$ teasp. each: pepper and paprika            |                                                          |

In a large skillet, sauté bacon and onions in Wesson Oil until onions are transparent. Add vinegar, brown sugar, seasoned salt, pepper and paprika, simmer 5 minutes. In large bowl, combine lettuce, eggs, zucchini, tomato, radishes, celery, and green onions, top with warm dressing; toss; serve immediately. Makes 6 to 8 servings.

## CREAMY YOGURT PUFFS

- 1 cup water
- ½ cup Wesson Oil
- 1 cup sifted all-purpose flour
- 1 Tablesp. sugar
- ⅛ teasp. salt
- 4 eggs

- 1 (12-oz.) carton frozen Non-Dairy Whipped Topping, thawed
- 3 (8-oz.) cartons fruit yogurt
- Powdered sugar

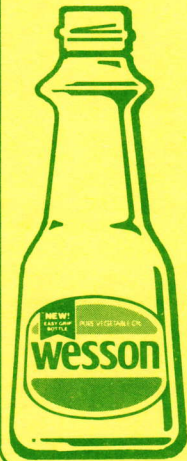
Heat oven to 400°. Bring water to a boil in 2-quart saucepan. Reduce heat to low; add oil, flour, sugar and salt all at once. Cook, stirring vigorously until mixture leaves sides of pan and forms a compact ball. Remove from heat; cool mixture slightly. Add eggs, one at a time, beating hard after each addition until mixture is smooth and glossy. Drop by tablespoonfuls in 10 equal portions on large greased baking sheet, about 2 to 3 inches apart. Bake 35 to 45 minutes. Cool. Fold yogurt into Non-Dairy Whipped Topping. Cut puffs and fill. Dust with powdered sugar. Makes 10 servings.



## LOVELIGHT CHIFFON YELLOW CAKE

- |    |                        |    |                |
|----|------------------------|----|----------------|
| 2  | eggs separated         | 1  | teasp. salt    |
| 1½ | cups sugar             | ⅓  | cup Wesson Oil |
| 2¼ | cups sifted cake flour | 1  | cup milk       |
| 3  | teasp. baking powder   | 1½ | teasp. vanilla |

Lightly oil and flour 2 round 8- or 9-inch cake pans. In a large bowl, beat egg whites until frothy. Gradually beat in ½ **cup** sugar. Continue beating until very stiff and glossy. Sift **remaining** sugar, flour, baking powder and salt into another bowl. Add Wesson Oil, **half** the milk and vanilla. Beat 1 minute at medium speed. Scrape sides and bottom of bowl constantly. Add **remaining** milk and egg yolks, beat 1 minute longer, scraping the bowl constantly. Fold in meringue. Pour into prepared pans. Bake at 350° 30 to 35 minutes. Cool 10 minutes in pans, then remove from pans and cool completely on wire rack. Makes 1 (8- or 9-inch) cake.







## FAMOUS WESSON OIL BROWNIES

2 eggs  
1 cup sugar  
 $\frac{1}{3}$  cup Wesson Oil  
2 ozs. unsweetened  
chocolate, melted and  
cooled

1 teasp. vanilla  
 $\frac{3}{4}$  cup flour  
 $\frac{3}{4}$  teasp. salt  
 $\frac{1}{2}$  teasp. baking powder  
 $\frac{3}{4}$  cup chopped nuts,  
optional

In mixer bowl, beat eggs and sugar 2 minutes. Blend in Wesson Oil, melted chocolate and vanilla. Add flour, salt and baking powder; mix well. Fold in nuts, if desired. Bake in oiled 8 × 8 × 2-inch pan at 350° 30 minutes. Cool. Frost as desired or sprinkle with powdered sugar. Cut into squares. Makes 16 brownies.

## OATMEAL CHOCOLATE CHIPS

1 egg  
1/2 cup brown sugar, packed  
1/2 cup white sugar  
1/2 cup Wesson Oil  
1 cup sifted all-purpose flour

1/2 teasp. baking soda  
1/2 teasp. salt  
1 cup quick cooking oats  
1 (6-oz.) pkg. semi-sweet chocolate pieces  
1/2 cup chopped nuts

In a large bowl, beat egg; add brown and white sugar and beat until frothy. Add oil gradually, continuing to beat until well blended. Stir in flour sifted with baking soda and salt. Add oatmeal, chocolate pieces and nuts; mix well. Drop by rounded teaspoonfuls on lightly greased cookie sheet. Bake at 375° 12 to 15 minutes. Makes about 4 dozen cookies.

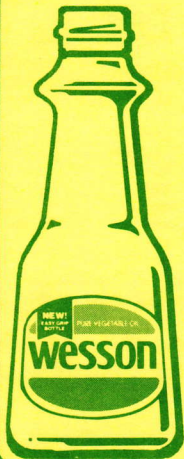




## COMPANY CHICKEN CREPES

- 1/2 lb. fresh mushrooms, sliced or 1 (6 to 8-oz.) can sliced mushrooms, drained
- 1/2 cup finely chopped onion
- 1/3 cup Wesson Oil
- 1/3 cup all-purpose flour
- 2 cups milk
- 1/2 cup sherry
- 3 chicken bouillon cubes
- 1/4 teasp. pepper
- 2 1/2 cups chopped cooked chicken
- 1/2 cup sour cream
- 12 Savory Crepes (see recipe on back)
- 24 fresh or frozen asparagus spears, cooked and drained
- 1/4 cup sliced almonds

Saute mushrooms and onions in Wesson Oil until tender, about 3 minutes. Blend in flour; cook and stir over low heat 2 minutes. Remove from heat; gradually stir in milk, sherry, bouillon cubes and pepper. Return to low heat; cook and stir until mixture is thickened. Remove **one cup** of sauce and set aside. To remaining sauce, add chicken and heat through. Blend in sour cream. Place 2 asparagus spears in center of each crepe, top with 1/4 cup chicken mixture; roll up. Place filled crepes in greased baking dish, spoon extra sauce over center of crepes and garnish with sliced almonds. Bake in preheated 375° oven 10 to 15 minutes. Makes 6 servings.



## SAVORY CREPES

- $\frac{3}{4}$  cup flour
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  cup water
- 2 eggs
- 1 chicken bouillon cube
- 2 Tablesp. Wesson Oil
- 1 teasp. finely minced parsley
- 1 teasp. finely minced chives
- $\frac{1}{4}$  teasp. dried tarragon leaves, crushed
- Wesson Oil

In a bowl or blender, mix first six ingredients until smooth. Stir in herbs. Let batter rest in refrigerator at least one hour. Heat 6-inch crepe pan. Lightly grease pan with Wesson Oil. Pour in a **scant 3 tablespoons** batter, tilting pan to thin coat bottom. When crepe is lightly browned, turn and brown other side. Makes 12 (6-inch) crepes.

### NOTE

For Dessert Crepes, omit bouillon cube, parsley, chives and tarragon; add 1 tablespoon sugar and  $\frac{1}{2}$  to 1 teaspoon of your favorite flavoring extract such as vanilla, almond, rum, etc.

## GOLD COAST CHICKEN

2½ to 3 lbs. chicken pieces  
¼ cup Wesson Oil  
1 onion, finely chopped  
2 (10¾-oz.) cans chicken  
broth  
5 whole cloves  
1 (4-oz.) can diced green  
chiles (optional)

½ cup chopped salted  
roasted cashews  
½ cup golden raisins  
½ cup shredded sweetened  
coconut  
2 Tablesp. lemon juice  
¼ teasp. pepper  
Hot cooked rice

In 12-inch skillet, brown chicken in Wesson Oil 8 to 10 minutes on each side, remove and keep warm. Pour off all but 2 tablespoons drippings; sauté onions in drippings until tender. Add chicken broth and cloves; return chicken to skillet. Simmer, covered, 30 to 35 minutes. Remove chicken; blend in remaining ingredients **except** rice. Bring to boil. Return chicken, cover with sauce, cook 5 minutes longer. Serve over rice. Makes 4 to 5 servings.



## CHEESE CHIMICHANGAS

- |    |                                          |   |                                 |
|----|------------------------------------------|---|---------------------------------|
| 12 | 12-inch flour tortillas                  | 2 | cups taco sauce or salsa        |
| 5  | cups shredded Cheddar and/or jack cheese | 1 | egg, beaten                     |
| 2  | tomatoes, diced                          |   | Wesson Oil                      |
| 1  | cup sliced green onions                  | 1 | (2-oz.) can chopped ripe olives |
| 1  | (4-oz.) can diced green chiles           |   | Sour cream and guacamole        |

Wrap tortillas in foil and warm in oven at 350° for 10 minutes. Place equal portions of cheese, tomatoes, onions and chiles down the center of each warm tortilla; top with **1 tablespoon** of warm taco sauce. Fold sides and **one end** of tortilla over to enclose filling; brush upper surface and exposed flap of tortilla with egg then roll into neat package. In a 12-inch skillet, heat **3 cups** Wesson Oil to 375°, fry chimichangas seam side down first for 4 minutes, turning once. Top with remaining sauce, olives, sour cream and guacamole if desired. Makes 6 to 8 servings.

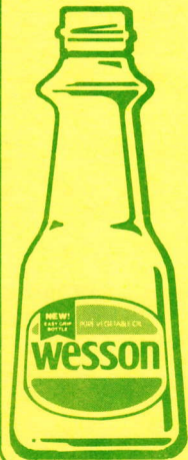




## ENGLISH MUFFIN BREAD

- |                           |                                      |
|---------------------------|--------------------------------------|
| 1½ cups water             | 2 (¼-oz.) envelopes active dry yeast |
| ½ cup Wesson Oil          | 1 teasp. soda                        |
| 4¼ cups all-purpose flour | Cornmeal                             |
| ¼ cup sugar               |                                      |
| 2 teasp. salt             |                                      |

In a small pan, warm water and oil to approximately 120°. In a large bowl, beat water and oil, **2 cups** flour, sugar, salt, yeast, and soda for two minutes. Stir in **remaining** flour by hand, cover with towel and let rise in warm place for 1 hour. Grease (not oil) and sprinkle lightly with cornmeal one 8 × 4-inch bread pan, knead dough 10 times, place into pan. Cover, let loaf rise again for another hour. Bake in preheated 375° oven 30 to 35 minutes until loaf sounds hollow when tapped.



## STIR-N-ROLL PASTRY

(Single 9-inch Crust)

**1 $\frac{1}{3}$  cups sifted all-purpose flour**

**$\frac{1}{2}$  teasp. salt**

**$\frac{1}{3}$  cup Wesson Oil**

**$\frac{1}{4}$  cup cold milk**

In a bowl, mix flour and salt; add Wesson Oil and milk all at once. Stir until well mixed. Press into smooth ball, flatten slightly. Place between 2 (12-inch) square sheets of waxed paper. (Dampen table top slightly to prevent slipping.) Roll out pastry to fit 9-inch pie pan. Peel off top paper. Place paper side up in pie pan. Gently peel off paper easing and fitting pastry into pan.

For Baked Shell: Trim and flute edge; prick thoroughly with fork. Bake at 450° 8 to 10 minutes or until golden brown.

For Unbaked Shell: Do not prick. Bake as directed in filling recipe.

For Double Crust Pie: Double recipe. Divide dough into two balls. Roll out each as directed for single crust. Fit one crust into pan. Trim even with pan rim. Add filling. Place top crust over filling. Trim edge  $\frac{1}{2}$ -inch larger than bottom crust; fold edge over bottom crust. Seal edges together by fluting. Make slits near center for steam to escape. Bake as directed in filling recipe.





## WHITE SAUCE

$\frac{1}{4}$  cup flour  
 $\frac{1}{4}$  cup Wesson Oil  
 $\frac{1}{2}$  teasp. salt

$\frac{1}{4}$  teasp. pepper  
2 cups milk

In a medium saucepan, cook flour in Wesson Oil until golden; add spices; blend in milk slowly. Cook, stirring constantly, over medium heat until sauce thickens and **just comes to a boil**. Makes 2 cups.

## CHEESE

2 cups shredded Cheddar  
cheese

2 teasp. Worcestershire  
 $\frac{1}{4}$  teasp. seasoned salt

Add to white sauce, cook over low heat until smooth, do not boil.