

SHIRLEY
COOKING MADE EASY SINCE 1978

WHISK BLISS™ BASICS

Whisk Bliss™
UNIVERSAL COOKING BASE



Universal Cream Sauce, Soup and Gravy Base
Original and Gluten Free

Shirley J Whisk Bliss™ - Original (Wheat Flour) or Gluten Free (Rice Flower) The Building Block for Thousands of Recipes

Whisk Bliss™ is a unique universal cooking “white-sauce” base that creates quick and delicious sauces, soups, gravies mixes, and more that are healthy for you and your family. Whisk Bliss™ is easy to make, the taste is amazing, and there are 0 trans fats, 0 saturated fats, 0 hydrogenated oils, and 0 MSG, to mention just a few of its unique qualities.



USE EITHER ORIGINAL or GLUTEN FREE IN ANY RECIPE

Basically, Whisk Bliss™ is a just-add-water substitute for a cream sauce. Forget running to the store for butter, milk, or heavy cream, you’ve got Shirley J. Magically adapts to the flavors of any mixins, e.g. cheeses, proteins, spices and seasonings, vegetables, etc. You can make just about anything with this wonder!

Try soups, sauces, gravies, there are endless possibilities...anything! And it’s one fourth of the calories compared to making a white sauce from scratch, and lower sodium as well. See last section, below, with over 150 cooking application ideas!!

Basic Shirley J Recipe	Application
Basic Shirley J Whisk Bliss™	Condensed Soup Substitute Quick and Easy Alfredo Quick and Easy Sausage Gravy
Shirley J Cheese Sauce	Baked Mac & Cheese Warm Clam Dip Broccoli Cheese Soup
Shirley J Garden Vegetable Soup	Pot Pie Poblano Corn Chowder Tomato Basil Soup

Basic Shirley J Whisk Bliss

Basic Shirley J Whisk Bliss Recipe

Ingredients:

1 c. Shirley J Whisk Bliss 4 c. water

Directions:

Whisk together Whisk Bliss and water. Bring to a slow boil and simmer to thicken.

*Add to vegetables, pasta, proteins, grated cheese, any seasoning and more. To make thicker add more Whisk Bliss, to make thinner add more water. **GREAT FOR MAKING A TASTY MEAL WITH LEFTOVERS!!***

Substitute for Condensed Soups (e.g., cream of mushroom, cream of chicken, etc.).

Makes about 11 oz.

Ingredients:

1/2 cup Shirley J Whisk Bliss 1 cup water

Directions:

Whisk together until smooth. Mixture will be runny, but it will thicken as it is heated.

This makes about the same amount and consistency of a 10 3/4oz. can of undiluted condensed soup. (Note: this provides a lower sodium, lower fat and lower calorie option.)

Quick & Easy Alfredo Sauce

Ingredients:

4 cups water

1 cup Shirley J Whisk Bliss

1/2 t granulated garlic

1/2 cup Parmesan cheese

Directions:

In a medium sauce pan on medium heat add water and Universal Sauce. Mix thoroughly and bring to a simmer. Remove from heat and stir in granulated garlic and Parmesan cheese.

Sausage Gravy for Biscuits

Ingredients:

1 # country style pork sausage (not links)
4 c water
1 c Shirley J Whisk Bliss
¼ t black pepper

Directions:

In large skillet or sauce pan brown sausage; remove most of the drippings. To the browned meat in the skillet, add water mixed with Shirley J Universal Sauce. Stir mixture completely, bring to a slow boil and simmer for 3-5 minutes. Serve over biscuits, toast, rice whipped potatoes etc.

Shirley J Whisk Bliss Cheese Sauce

Shirley J Cheese Sauce

Ingredients:

1 c. Shirley J Universal Sauce
4 c. water
1/2 t. Shirley J Chicken Bouillon
2 c. cheddar cheese (grated)

Directions:

In a saucepan on medium heat, add water, Shirley J Whisk Bliss and Shirley J Chicken Bouillon. Allow it to simmer and thicken. Remove from heat and add cheeses. Whisk until the cheese is completely melted.

Baked Macaroni and Cheese

Ingredients:

12 oz elbow mac (heavy walled recommended) cooked and drained
3 c water
¾ c Shirley J Whisk Bliss
2 c cheddar cheese, shredded
1c pepper jack cheese, shredded

Directions:

Preheat oven to 350. In a sauce pan, combine water and Whisk Bliss, whisk and bring mixture to a slow boil. After mixture boils, remove from heat and add cheese (reserving a bit to spread on top). Stir to incorporate. In separate bowl or pan combine sauce and cooked pasta, stir. Place mixture in ovenproof casserole dish, top with reserved cheese. Bake at 350 degrees for 30 minutes, or until casserole is hot and bubbly. *(NOTE: ADD DICED HAM OR BACON BITS OR OTHER PROTEIN)*

Warm Clam Dip

Ingredients:

- ½ c Shirley J Whisk Bliss
- 2 c water
- ½ c yellow onion (diced)
- ½ t Shirley J Chicken Bouillon
- ½ t granulated garlic
- ¼ t cayenne
- 1 T Worcestershire sauce
- 8 oz. cream cheese
- ½ c Mozzarella (grated)
- ¼ c parsley (chopped)
- 1 ea 6 oz can of clams (drained)
- 1 T oil

Directions:

Sauté the onions in oil, when they have started to brown add the water, bouillon, and the Whisk bliss and stir until it starts to boil. Lower heat and add the rest of the ingredients, stir. Serve warm.

Broccoli Cheese Soup

Ingredients:

- 1 # fresh broccoli cut into bite size pieces
- 6 c water
- 1 ½ c Shirley J Whisk Bliss
- 3 c grated cheddar cheese

Directions:

In large stock pot combine broccoli and 3 cups of the water, bring to a boil and cook for 5 minutes. Add remaining water mixed with Whisk Bliss, mix well. Bring mixture back to a boil and add cheese, simmer for 3-5 minutes. Serve. Garnish individual bowls of soup with shredded cheese, if desired. *(NOTE: ADD 1/2 TEASPOON OF SHIRLEY J CHICKEN BOUILLON FOR A MORE ZESTY SOUP.)*

Shirley J Garden Vegetable Soup

Garden Vegetable Soup

Ingredients:

- 1/2 c. yellow onions (diced)
- 1/2 c celery (cut into 1/4 inch pieces)
- 1 c. corn (not canned)
- 1/2 c carrots (diced)
- 1 c. potatoes (diced and cooked)
- 1/2 t thyme
- 1/4 t black pepper
- 1 c. Shirley J Whisk Bliss
- 6 c. water
- 1/2 t Shirley J Chicken Bouillon

Directions:

In a pot with 2 cups of the water, boil the onions, celery, potatoes and carrots until the potatoes are tender. Then add the remaining water, Shirley J Whisk Bliss and Shirley J Chicken Bouillon. Stir until powder has dissolved and mixture starts to thicken. Cook for about 3 minutes on medium heat. Turn the soup down to low and add corn, thyme and pepper. Keep on low until it is served.

Chicken Pot Pie

Ingredients:

1 TB oil
1/3 cup yellow onion, chopped
1/3 cup Celery chopped
1/3 cup Carrots chopped
4 cups water
1 cup Shirley J Whisk Bliss
1/3 cup frozen corn
1/3 cup frozen peas
1/2 tsp sage
1/2 tsp black pepper
1 tsp Shirley J Chicken Bullion
1 12oz can of chicken

Pot Pie Crust:

2 Ready to Bake Pie Crust (4 if you like your crust on bottom as well) or make your own favorite pie crust

Directions:

In a medium sauce pan, on medium heat add the oil, onion, celery, carrots, cook for 5-6 minutes, and stir to avoid burning the onions. Add water and Whisk Bliss. Whisk until powder is dissolved. Bring to a simmer and add the rest of the ingredients.

Place into pie pan:

In 2 regular size pie pans, evenly distribute ingredients (over bottom crust if desired.) Lay top pie crust over the top of pan and ingredients. Bake at 425 for 15 to 20 min or until crust is golden brown.

Poblano Corn Chowder

Ingredients:

1 TB oil
3/4 cup yellow onion, chopped
3 cloves garlic
2 Poblano chilies with the skin removed and diced

(You can substitute 6oz can of diced green chilies)

2 corn cobs roasted or grilled with kernels removed
(You can substitute 1 1/2 cups of frozen corn roasted in the oven)

4 cups water

1 cup Shirley J Whisk Bliss

1/2 tsp ground or crushed oregano

1 tsp ground cumin

1 tsp Shirley J Chicken Bouillon

1 1/2 cup White Cheddar cheese, grated

Tortillas for garnish

Directions:

In a small stockpot, on medium heat, add oil, garlic and onions. Cook for 4-5 minutes. Do not allow to burn. Next add chilies and corn, let cook for about 2 minutes and add water, Shirley J Whisk Bliss and whisk until all is incorporated. Allow the mixture to heat up and thicken. Add the spices and Shirley J Chicken Bouillon, let simmer for 4 minutes.

Turn heat off and add cheese and stir until all is incorporated evenly. Serve and garnish with Tortilla chips.

Tomato Basil Soup

Ingredients:

2 c Shirley J Whisk Bliss

8 c water

2 t Shirley J Chicken Bouillon

10- 15 fresh basil leaves, thinly sliced

2 carrots Finely diced

3 sweet mini peppers (red and yellow) finely diced

1/2 onion finely diced

1/2 t garlic powder

2, 28 oz cans crushed tomatoes

3 T tomato paste

Directions:

In a large stockpot combine half of the water along with the carrots, peppers, onion and bouillon. Bring to a boil, reduce heat and simmer for 10 minutes. In separate bowl combine remaining water and Whisk Bliss, stir well. Add sauce mixture to veggies in stock pot, stirring constantly. Bring mixture to a slow boil, reduce heat to simmer, and add tomatoes, garlic, sugar and paste. Stir well and simmer for 5 minutes. Fresh Basil may be added to soup before serving or used as a garnish on top at serving.

AND ONE MORE CLASSIC AND FAVORITE!!

Ground Beef Stroganoff

Ingredients:

1 1/3 c.	Shirley J Universal Sauce (Whisk Bliss)
2 tsp	Shirley J Beef Bouillon
1 lb	Ground Beef
1/2	Onion Diced
4 c	Water
1-7 oz Can	Mushrooms, Pieces and Stems
1 c	Sour Cream
12 oz	Dry Egg Noodles, Cooked

DIRECTIONS:

In large skillet, brown and drain onions and ground beef. To the mixture add water, Whisk Bliss and Bouillon, whisking together until the powder is dissolved. While stirring, bring to a boil and reduce to simmer for about five minutes. Remove from heat, stir in sour cream and mushrooms, and combine with noodles.

Note: If desired, mixture may be kept separate from noodles and served over them at serving time. May also serve sauce over rice or whipped potatoes.

150 + Applications and Recipe Ideas

Sauces

- White sauce
- béarnaise sauce
- hollandaise sauce
- au gratin
- creamy curry
- alfredo
- nacho
- cheese fondue
- creamy horseradish
- dill sauce
- country gravy
- escallop
- black pepper/parmesan
- creamy roasted red pepper
- creamy garlic
- sweet basil
- sun dried tomato and bacon
- creamy tomato
- creamy pesto
- mushroom
- ala king
- veloute
- enchilada (for chicken)
- stroganoff
- roasted garlic and peppercorn
- 3 cheese
- 4 cheese
- herbed cream sauce
- chicken gravy
- beef gravy
- pork gravy
- creamy mustard
- gorgonzola with walnut
- Mexican creamed chili
- mornay
- white onion
- coconut curry
- replacement for any canned

cream soup

- cucumber cream sauce
- tarragon cream sauce
- chestnut sauce
- supreme sauce
- soubise sauce (onion)
- Russian sauce
- Oyster sauce
- creamy fig sauce
- mascarpone cream sauce
- walnut sauce

AND MANY MORE...

Soups

- Cream of pumpkin
- Cream of squash
- Cream of spinach
- Cream of broccoli
- Broccoli cheddar
- Wisconsin cheddar
- Corn chowder
- Clam chowder
- Mid western chowder
- Seafood chowder
- Cream of carrot
- Cream of chicken
- Cream of asparagus
- Cream of mushroom
- Cream of celery
- Potato cheese
- Creamy potato
- Cream of vegetable
- Creamy chicken noodle
- Cream of tomato
- Shrimp bisque
- Lobster bisque
- Crab bisque
- Cream cheese chicken
- Turkey chili
- Cream of sweet potato
- Creamy mushroom and rice
- Creamy tomato rice
- Creamy chicken and wild rice

AND MANY MORE...

Casseroles, main dishes, side dishes

- Creamed spinach
- Cauliflower au gratin
- Broccoli au gratin
- Creamed peas and potatoes
- Creamed cabbage
- Creamed eggs
- Sausage and biscuits
- Creamed ground beef
- Creamed tuna
- Tuna casserole
- Turkey casserole
- Chicken ala king
- Scalloped potatoes
- Salmon loaf with dill sauce or creamed green peas
- Fettuccine alfredo
- Chicken alfredo
- Mushroom chicken
- Stuffed pork chops
- Crock pot beef
- Crock pot chicken
- Crock pot pork
- Baked pork chops
- Macaroni and cheese

- Shrimp Newberg
- Creamed asparagus
- Creamed spinach
- Beef stroganoff
- Chicken stroganoff
- Scalloped potatoes
- Corned beef casserole
- Potatoes au gratin
- Creamy whipped potatoes
- Pizza with alfredo sauce
- Breakfast casseroles
- Chicken pot pie
- Funeral potatoes
- Breaded veal with cream gravy
- Halibut au gratin
- Creamy shrimp curry
- Enchiladas with creamy chili sauce
- Ham and potato scalloped casserole
- Pasta with hundreds of creamy sauce applications
- Cheese fondues
- Casserole sauces

AND MANY MORE...

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