






WHITE SAUCE RECIPE SHEET

COOKING INSTRUCTIONS	HEATING METHODS	Place frozen sachet of sauce in a pot of boiling water, for approximately 40 minutes for 1kg sachets and approximately 60 minutes for 5kg sachets.
	NOTE	Thaw sauce in sachet. Once thawed, remove from packaging and heat in pot, stirring constantly. Sauce can be thinned with milk, cream or water, if desired. For a more rich sauce add cream cheese.
BEEF LASAGNE 	Heat multi white sauce. Cook pasta sheets until al dente. For the beef filling, sauté 1 diced onion, 2 cloves of garlic (diced), add minced beef and brown off. Add 2 tablespoons of tomato paste, 1 can of diced tomatoes, 1 cup of beef stock, salt and pepper to taste, simmer 20 minutes or until thickens. Layer beef filling, multi sauce then pasta, repeat. Sprinkle grated cheese on top and bake in a moderate oven for 30 minutes. Ready to serve. (You can replace the beef with vegetables or chicken)	
SEAFOOD CHOWDER 	Heat multi white sauce. Sauté ½ diced onion, 1 cup thinly sliced mushrooms, 1 teaspoon finely minced garlic in a little butter. Add ¼ cup dry white wine, reduce slightly. Add these ingredients plus ½ cup fish stock to the heated multi sauce, bring to boil, then add a combination of scallops, shrimps, mussels, and fish, boil 1 minute. Add salt, pepper and smoked paprika to taste. Mix in juice of two lemons, chopped parsley and dill. Ready to serve.	
CHICKEN AND MUSHROOM FETTUCCINE 	Heat multi white sauce. Add ½ teaspoon nutmeg and diced mushrooms. Simmer for 15 minutes. Sauté 1 diced onion and chicken until cooked. Add ½ cup white wine, reduce slightly. Combine mushrooms, onion, chicken with sauce. Meanwhile, cook pasta, drain and mix through sauce before serving. Ready to serve.	
CHEESE ROLLS 	Heat multi white sauce. Add 1 packet of onion soup, and 1 cup of grated cheese. Mix to combine and spread on sandwich slice bread. Roll bread, bake until toasted. For an indulgent finish spread toasted roll with butter. Freeze cheese rolls unbaked, then bake from frozen for a quick snack.	
MACARONI CHEESE 	Heat multi white sauce. Add one cup grated tasty cheese, stir until melted. Cook pasta (spirals, shells or elbows) as directed. Sauté some diced onions and bacon or diced ham steak (optional). Mix with pasta, place in baking dish and pour multi white sauce over pasta, sprinkle with grated cheese and paprika. Bake in a moderate oven for 20 minutes. Ready to serve.	