

# SUPER SIMPLE WHITE SAUCE 4 WAYS

Each meal serves 4

## Ingredients

### For the Basic White Bechamel Sauce

2 tbsp butter  
2 tbsp cake flour  
3 tbsp KLIM Full Cream Instant Milk Powder  
1 cup hot water  
Salt, to taste

Serving suggestion: Mince lasagne

400g Minced Beef (lean)  
Lasagne Sheets 300g (8 sheets)  
200g broccoli  
200g carrots

### For the Cheese Sauce:

1/2 cup grated cheese, of choice

Serving suggestion: Mini Burger

Mini burger patties 200g (50g each)  
4 Mini hamburger rolls  
8g Tomatoes & lettuce

### For the Mushrooms Sauce:

2 tsp butter  
1 clove garlic, minced  
2 cups mushrooms, sliced  
3 sprigs fresh thyme

Serving suggestion: Linguine


4 cups cooked Linguine  
Parmesan shavings

### For the Pepper Sauce:

2 tsp freshly ground black pepper




Serving suggestion: Rump steak



400g Baked Baby Potatoes  
4x 150g steak  
Steamed vegetables

### Method

For the Basic White “Bechamel” Sauce

1. Mix together the KLIM Full Cream Instant Milk Powder with the hot water. Stir well to ensure there are no lumps.
  2. In a medium pot over a low heat, add the butter and allow to melt.
  3. Stir in the flour and whisk for 20 seconds.
  4. Slowly start whisking in the milk-powder-&-water mixture,  $\frac{1}{4}$  cup at a time. Bring the white sauce to a boil, while whisking constantly. Ensure you get into the corners to avoid lumps from forming. The sauce should start to thicken.
  5. When the sauce reaches boiling point, allow to cook for 30 more seconds, while stirring.
  6. Add salt to taste and remove the pot from the heat.
  7. Use this basic white bechamel sauce to layer into your lasagne.
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For the Cheese Sauce:

1. To prepare a cheesy bechamel sauce, add a cup of grated cheese to the warm white sauce and stir until melted. Serve the cheese sauce over a fully loaded mini burger served with potato wedges.

For the Mushrooms Sauce:

1. Sauté the sliced mushrooms & garlic in butter over a medium-high heat. Add the fresh thyme and allow to cook until the mushrooms are soft and golden. Add this to the basic white sauce and toss with freshly cooked linguini pasta. Garnish with parmesan and fresh herbs.

For the Pepper Sauce:

1. Add freshly ground pepper to the white sauce, place the pot back on the heat and cook for another 2-3 minutes to infuse, stirring to avoid lumps forming. Serve the pepper sauce over rump steak served with steamed vegetables and roasted potatoes.
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