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Great meals start with our

Simple White Sauce

Prep / Cooking Time: 10 minutes • **Makes:** 1 ½ cups (375 mL) • **Freezing:** not recommended

- 1 ½ tbsp (22 mL) butter
- 1 ½ tbsp (22 mL) **Robin Hood®** All Purpose Flour
- 1 can (370 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
- 1 tsp (5 mL) salt

Melt butter in medium saucepan, add flour and cook over low heat stirring for 1 minute.

Whisk in milk and salt. Bring to a boil, lower heat and cook for 5 minutes, stirring occasionally until sauce has thickened.

Tip The sauce is ready when it lightly coats the back of a spoon.



Cheddary Chicken Pot Pie

Prep Time: 40 mins + 30 mins chilling time • **Cooking Time:** 16 mins • **Baking Time:** 45 mins
Makes: 12 appetizers or 4 dinner portions • **Freezing:** not recommended

Crust

- 1 ½ cups (375 mL) **Robin Hood** All Purpose Flour
- ¾ cup (175 mL) grated old cheddar cheese
- ½ tsp (2 mL) salt
- ⅓ cup (75 mL) **Crisco®** All Vegetable Shortening, cold
- 3-6 tbsp (45-90 mL) ice cold water, divided

Filling

- ¼ cup (50 mL) butter
- 1 onion, chopped

- 2 cloves garlic, finely chopped
- 1 ½ cups (375 mL) baby carrots, sliced in half lengthwise
- 2 cups (500 mL) prepared chicken broth
- 1 ½ cups (375 mL) **Carnation** Evaporated Milk **Simple White Sauce**
- 1 tbsp (15 mL) grainy Dijon mustard
- 1 rotisserie chicken, about 2 ½ lb (1.1 kg) meat removed and shredded, about 3 cups (750 mL) or leftover turkey
- 1 cup (250 mL) old cheddar cheese, grated

Crust: In a large bowl, combine flour, cheese and salt. Cut in shortening into ½" (1.3 cm) pieces with pastry blender or 2 knives until mixture resembles coarse crumbs. Add cold water, 1 tbsp (15 mL) at a time, mixing until dough can be gathered in a ball. Flatten dough into 4" (10 cm) circle. Wrap dough in plastic wrap and chill 30 minutes.

Filling: In a large deep skillet, melt butter on medium heat. Add onion and garlic and cook for 3 minutes until soft and fragrant. Add carrots, continue cooking 3 minutes. Stir in broth, **Carnation Simple White Sauce** and mustard. Bring to a boil over medium-high heat. Cook 2-3 minutes, stirring frequently until sauce is combined and has thickened. Stir in chicken.

Preheat oven to 425°F (220°C). Pour filling into oven-proof bowls or ramekins. Sprinkle cheese over filling.

On a lightly floured surface, roll out dough to a ¼" (0.6 cm) thickness. With a round cookie cutter (or using a small plate as a guide), cut out circles that are slightly wider than the bowls being used. Top filling with a dough round. Gently press the dough down on the top of the bowls. Cut a small X in the centre of each circle. Place the pot pies on a foil lined baking sheet.

Bake in preheated oven until the filling is bubbling and the crust is deep golden brown, about 40-45 minutes. Cool 10 minutes before serving.

Tips

Looking to add more vegetables?
Try adding frozen peas or sautéed mushrooms.

Portion-wise, use ½ cup (125 mL) ramekins for appetizer or lunch portions and 1 ½ cups (375 mL) ramekins or bowls for dinner.



For more great recipes, visit
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White sauce, also known as béchamel, is one of the pillars of French cuisine because it's a versatile foundation for a variety of deliciously rich dishes.

Carnation® Evaporated Milk makes it easy to prepare an authentic white sauce, so you get a rich, creamy result.

Try our Simple White Sauce recipe to unlock endless possibilities at dinner, including our signature Cheddary Chicken Pot Pie recipe. Try it once and it's sure to become a family favourite.



Not just for pumpkin pie.