

Carnation®



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Great meals start with our

Simple White Sauce

Prep Time: 10 minutes • **Makes:** 1 ½ cups (375 mL)

Freezing: not recommended

1 ½ tbsp (22 mL) butter
1 ½ tbsp (22 mL) all
purpose flour

1 can (370 mL) **Carnation**® Regular,
2% or Fat Free Evaporated Milk
1 tsp (5 mL) salt

1



2



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.*

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Mac & Cheese

Prep Time: 30 mins • **Baking Time:** 30 mins • **Makes:** 8 servings

Freezing: not recommended

- 3 cups (750 mL) **Carnation®** Evaporated Milk **Simple White Sauce**
- ½ lb (250 g) macaroni, cooked as per package directions
- 4 cups (1 L) old cheddar cheese, grated (approx. 1 lb/500 g), divided

Topping

- 1 cup (250 mL) breadcrumbs
- ½ cup (125 mL) grated parmesan cheese



Preheat oven to 375°F (190°C).

Grease a 9" x 13" (3 L) baking dish. Prepare **Carnation Simple White Sauce** as directed. Add 3 cups (750 mL) cheddar cheese, stirring until melted. Stir mixture into cooked pasta.

Pour into prepared dish. Sprinkle with remaining cheddar cheese. Combine breadcrumbs and parmesan cheese. Place on top of cheddar cheese.

Bake in preheated oven 25-30 minutes or until golden brown and bubbling.

Variations

Replace cheddar cheese with 2 cups (500 mL) fontina, 1 cup (250 mL) brie and 1 cup (250 mL) gorgonzola. You can use any combination of cheese you like, just make sure you have a total of 4 cups (1 L).

For more great recipes, visit
carnationmilk.ca

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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 Mac & Cheese recipe. Try it once and it's sure to become a family favourite.



Not just for pumpkin pie.