

# MUSHROOM SAUCE

**Suitable for home made chicken burgers.**

Everyone needs to have a few sauces in their arsenal to whip up in a jiffy. Created exclusively for us by Michaela from Better with Balance, here is a mushroom sauce great for steaks, homemade chicken burgers, or even for gourmet prego roosterkoeke.



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Prep time: 15 minutes  
Cook time: 15-20 minutes  
Serves 2-4 people

## INGREDIENTS

1 tablespoon of olive oil  
1 tablespoon of crushed garlic  
200 g chopped braai mushrooms  
1 tablespoon of balsamic vinegar  
100 g unsweetened evaporated milk  
100 g fat free milk  
1 tablespoon of cornstarch  
Salt and pepper to taste

## INSTRUCTIONS:

1. Add garlic and olive oil to a cast iron round pan on medium heat.
2. Add in your chopped mushrooms and allow to cook until soft. Top tip, never rinse mushrooms. They retain water like little nature sponges, so it is best to just wipe them with a paper towel to remove excess dirt before you cook them.
3. Add balsamic vinegar and both evaporated milk and fat free milk.
4. Once it starts to simmer and thickens slightly temper the cornstarch into your pan by adding two tablespoons of the warm milk to a ramekin with the cornstarch, mix well then add it into your sauce.
5. Allow to thicken while stirring, season to taste



## MEGAMASTER RECIPE TIPS



TIP 01

Never rinse mushrooms. They retain water like little nature sponges, so it is best to just wipe them with a paper towel to remove excess dirt before you cook them.



TIP 02

Add chilli flakes or cayenne pepper for a spicier mushroom sauce.



TIP 03

Love it so much? Make a bit extra and store in your refrigerator for up to two weeks.