LEITHS EDUCATION SECONDARY L2

Recipe Card

Macaroni cheese

Serves 2-4

Ingredients

For the macaroni:

- 175g dried macaroni
- 100g cheese (Gruyère, strong Cheddar, Parmesan or a mixture), grated
- 20g butter
- 20g plain flour
- Pinch of English mustard powder
- Pinch of cayenne pepper
- 350ml milk
- 1 tbsp dried white breadcrumbs
- Salt and ground white pepper

Setup

- Preheat grill to its highest setting
- Bring a large saucepan of water to the boil

Method

1. When the water reaches a rolling boil, salt generously and add the macaroni, cook until **al dente**, about 8-10 mins

2. Meanwhile, to make the **Mornay sauce**, melt the butter in a saucepan over a gentle heat

3. Stir in the flour, mustard powder and cayenne pepper using a wooden spoon

4. Mix it to a smooth paste and continue to cook for 1 min

5. Remove from the heat and gradually add the milk, little by little, stirring and incorporating the milk well into the **roux** as it is added, making sure there are no lumps

6. As more of the milk is added, the sauce will start to loosen and thin. Once a third to half of the milk has been added and incorporated, add the remaining milk in generous additions and return the saucepan to the heat

7. Increase the heat to medium/high and bring to the boil, stirring constantly

8. Turn down the heat and **simmer**, without stirring for 2 mins. Remove the sauce from the heat

9. Taste the macaroni to test it is cooked, then drain it well through a colander

10. Stir all but 2 tbsp of the grated cheese into the sauce, allowing it to melt in the heat of the sauce

11. Season with salt and white pepper, then add the macaroni and stir well to ensure that the pasta is well coated. Transfer the mixture to an ovenproof dish

12. Mix together the breadcrumbs and remaining cheese and sprinkle this over the macaroni cheese

13. Place the dish on a tray and under the preheated grill until the topping is golden and bubbling.

Note: If you want to make macaroni cheese in advance, once assembled allow it to cool. To serve, bake in an oven preheated to 180°C for about 30 mins, or until piping hot and golden on top.

Check for cooked

- The Mornay sauce is a smooth paste
- Macaroni cheese topping is golden and bubbling

Variations

- Chopped ham or crispy bacon could be added
- Roasted butternut cubes could be added