

MACARONI CHEESE

(Between 2)

Ingredients for macaroni:

- ½ C macaroni
- 3 C water
- 2 Tbs milk
- ¼ C grated cheese
- 2 Tbs breadcrumbs
- 2 parsley sprigs



Ingredients for Cheese sauce:

- 30 gms butter
- 1 ½ Tbs flour
- 1 C milk
- ¼ C grated cheese
- Pinch of mustard

Method.

1. Pre heat oven to 180°C. Grease 2 ramekins with butter.
2. Put water into a medium saucepan with lid on and bring to the boil. Add macaroni then stir once and boil for 10 minutes without the lid.
3. Test macaroni for “al dente” stage and drain immediately. Keep warm in saucepan with lid on while sauce is being made.
4. To make the sauce, melt butter in a small saucepan before adding the flour.
5. Stir for 30 seconds on low with a wooden spoon. Do not allow roux to brown
6. Remove from the heat and gradually add the milk. Use the back of the wooden spoon to smooth out any lumps.
7. Return to medium high heat and stir continuously until mixture thickens.
8. Add the pinch of mustard and grated cheese, stir to combine.
9. Add the cheese sauce to the cooked macaroni along with the additional milk. Stir to combine and divide evenly between the ramekins.
10. Sprinkle each with breadcrumbs then grated cheese and place on a tray. Bake for 15-20 minutes until golden brown. Garnish then serve on a small plate.