

Macaroni & Cheese

Serves: 4-6 **Preparation time:** 15 minutes

Cooking time: 10-15 minutes

Recipe source: Luke and Stephen Davey

Ingredients:

White Sauce:

120g butter

90g plain flour

Approximately 4 cups (1L) milk

1 cup (125g) cheese

1 packet (500g) macaroni (short tubular pasta)

½ onion, chopped (optional)

3 rashers bacon, chopped (optional)

½ cup (45g) breadcrumbs (or seasoned stuffing mix)

Equipment Required:

Knife, chopping board, frypan, large saucepan, medium saucepan, scales, measuring cups, grater, wooden spoon, baking dish.



What to do:

1. Preheat oven to 180 °C.
2. *Chop onion and bacon.
3. Cook onion and bacon in frypan, then set aside.
4. *To make White Sauce:
 - a. Melt butter in medium saucepan, over medium heat.
 - b. Turn off heat.
 - c. Add flour gradually, mixing to a paste consistency.
 - d. Add 3 cups milk gradually, about 1 cup at a time, making sure there are no lumps before adding more.
 - e. Turn on heat, to medium-low.
 - f. Stir continually. As sauce starts to thicken add remaining cup of milk.
 - g. Continue stirring until sauce has thickened. Turn off heat.
5. *While making the White Sauce, boil a large saucepan of water. Add macaroni and cook as instructed on packet.
6. Add ¾ of the cheese to the White Sauce. Stir to melt and combine.
7. Add onion and bacon to the sauce mixture. Mix.
8. When cooked, drain pasta and place in baking dish.
9. Pour sauce over pasta and mix thoroughly to ensure sauce covers all of the macaroni.

10. Sprinkle mixture of breadcrumbs and remaining cheese over the top of the pasta.
11. Bake in oven for 15 minutes or until cheese is melted.

Notes:

- * denotes Adult supervision required.
- The heated paste of flour and butter is referred to as a “roux”, pronounced “roo”. The making of a roux is the beginning of many sauce recipes. It is a thickener and is also used in some soup and stew recipes.
- Don’t let the White Sauce boil as this will cause it to stop thickening.
- Cheese and breadcrumb measurements can be changed according to personal taste.

