



Event of the 17th of march

## Mac n' cheese aka Macaroni cheese

### History

*This type of dish appears all over Europe particularly in areas where cheese is made eg Switzerland, Northern Italy and so on. Its recorded in England in the 14<sup>th</sup> Century.*

### Tools :

Grater, two pans, colander, oven proof dish, hob and grill.

Wooden spoon, tablespoon, teaspoon/coffee spoon

Ingredients PER Person scale up as needed

- a) about 150 grams of small pasta with a fold in it or like a tube . ( the fold holds the sauce.)  
you can use dried or fresh,- dried is fine.
- b) 150 grams of hard full flavoured cheese –  
cheddar is favourite but other such as Emmenthal or Gouda are also fine ( Not a blue cheese)
- c) 750ml milk- full fat tastes best but lower fat or nut milks are also good
- d) 1teaspoon of English mustard
- e) 1 tablespoon of plain ( wheat) flour
- f) salt and pepper.
- g) 40-45 gr. butter or high fat spread

### Method

- Grate the cheese and reserve, grease the ovenproof dish .
- Put on a large pan of salted water and cook the pasta. Drain
- Put the cold milk, the butter or spread and the tablespoon of flour into a pan on a low heat.  
Do not hurry this process by raising the heat, you will get lumps. Keep stirring. Do not leave the sauce Keep stirring until its shiny,

### Tips

*Taste it if it tastes of flour cook it some more. .*

*If its too thick add some more cold milk and keep stirring off the heat. Then return to the heat and keep stirring it should be like thick custard If its too thin add some corn flour or rice flour mixed with cold water and stir on the heat.*

### Method II

- When the sauce is right take it OFF the heat add  $\frac{3}{4}$  of the cheese , the mustard and salt and pepper
- turn on the grill so it heats
- Taste it, adjust the seasoning if needed.
- Add the cooked pasta to the pan of sauce and stir through thoroughly
- Put the mixture into the ovenproof dish
- sprinkle the last  $\frac{1}{4}$  of cheese all over
- put the macaroni cheese dish under the grill,
- remove when the top is golden brown and going crispy.
- Serve.

**Foodie Extras**

A sharply dressed side salad is good with this (I.e. an oil and lemon dressing)

Bacon or finely chopped garlic sausage can be very good in the sauce ( pan fry first )

tomatoes, mushrooms or peppers are good as side dishes either as salad or grilled

You can make a **gluten free version** with gluten free pasta and thickening the sauce with rice or corn flour.

You can make a **dairy free version** with nut milk, vegan cheese and non dairy spread ( its not very successful.)