

MAC N CHEESE

PREP TIME: 10 minutes | COOK TIME: 25 minutes | YIELD: 4 - 6 servings

INGREDIENTS

MAC N CHEESE

1/4 cup unsalted butter
1.5 teaspoons of salt
1/4 teaspoon of pepper
1/2 teaspoon of dry mustard powder
1/4 cup all-purpose flour
2.5 cups of milk - I typically use 2% milk for this recipe
2.25 cups grated old cheddar cheese
3 or so cups of pasta noodle - to be cooked according to package instructions (I like to use macaroni, farfalle, penne or campanelle noodles)

BREAD CRUMB TOPPING (OPTIONAL)

1-2 slice of bread (crust removed)
2 tablespoons of butter (melted)
2 tablespoons of grated parmesan cheese

DIRECTIONS

In a large heavy-bottomed pot, melt the 1/4 cup of butter over medium heat.

Once butter has melted and is bubbling, add the flour, salt, pepper and dry mustard and whisk continuously for 2 minutes -- lower heat slightly if mixture is beginning to brown.

Slowly pour in 1 cup of the milk, while whisking continuously. Then slowly pour in the remaining 1.5 cups of milk, whisking or stirring the entire time.

Keep stirring for 10-12 minutes, with mixture over medium heat, allowing it to slowly thicken. If it starts to bubble, lower the heat slightly.

Remove from heat and stir in 2 cups of grated cheddar cheese, until the cheese has melted.

In a separate large pot, boil water to cook pasta as per directions for your noodle (adding 1 tablespoon of salt to your boiling water in advance of cooking pasta) -- once tender and cooked, drain pasta and add cooked noodle to your cheese sauce, stirring to combine.

Butter bottom and sides of a 1.6 - 2 L casserole dish, and pour in pasta mixed with cheese sauce.

Sprinkle remaining grated cheddar cheese on top of pasta in casserole dish.

If you would like a bread crumb topping, make this now by creating bread crumbs from your slice(s) of bread (I use a mini chopper to do this). Melt butter in a large bowl in microwave, stir in breadcrumbs and parmesan cheese to coat and combine. Sprinkle bread crumb mixture on top of pasta.

The Mac and Cheese can be made in advance to this point, and then baked when ready to eat -- if not baking right away, store it covered, in the fridge.

When ready to bake - Preheat oven to 375°F.

Bake for 20-25 minutes, until heated thoroughly and cheese sauce is bubbling around the edges.

Note: Recipe makes 4-6 servings of Mac and Cheese - leftovers keep well and can be reheated in the microwave.

