



MACARONI AND CHEESE



Ingredients

Macaroni – usually 2 cups dry macaroni for 3-4 servings (can be elbow pasta or another type)

4 Tablespoons butter

4 Tablespoons all-purpose flour

1 cup whole milk

½ - 1-pound grated cheese – American or Cheddar (the pre-shredded cheeses work but not as well as block cheese you grate yourself – it has a coating of some kind to keep the shreds separated but I use it! Amount of cheese is up to you and what you have on hand.)

Salt

Pepper

Optional: 2 teaspoons dry mustard, 1 teaspoon cayenne pepper, paprika, or thyme or your preference.

Instructions

1. You can make this on top of the stove or after assembled, bake it at 350 degrees Fahrenheit, until bubbly.
2. Boil the macaroni noodles until almost tender (use package directions).
3. Drain the macaroni noodles and set aside.
4. Melt butter in a saucepan and, when melted, add the flour, stirring constantly. Cook for a minute to reduce the flour taste, stirring constantly. When smooth, add the milk

slowly while stirring and make sure all is combined. Add $\frac{3}{4}$ of the cheese and stir to melt and combine well. May need to adjust milk a little – use your best judgment.

5. Add seasonings if using.
6. Taste. Do not under salt. BUT do not over salt more importantly.
7. Combine the macaroni and the sauce together and stir to combine. Taste again.
8. Adjust if necessary and if serving from the saucepan, it's ready. Or pour into an oven safe dish that has been buttered and top with the remaining cheese. Put into the oven and bake 20-25 minutes until bubbly and smells heavenly!
9. Good to serve with vegetables as a side dish. Sprinkle with parsley or paprika for color.
Enjoy!

CHEF'S NOTES:

The amount of pasta depends on number of servings you want or if this is a side dish to a meat protein or is the protein.

You can add frozen peas or other vegetables – cooked, or variations of cheeses, can even add some cubed meat like cooked ham or pork – maybe some leftovers – even chicken. Adding herbs and spices changes the flavor.

It's not bad cold, but I prefer it hot.

Can be inexpensive and many families like to make some version of macaroni and cheese once a week – pay attention to the thickness of the sauce and the size of the pasta – I don't like to cut it with a knife, but I don't like to eat it with a spoon because it's so thin either.

It can be made in quantities for 1 or for 10-12 so keep this recipe in your kitchen tool chest of recipes! Enjoy!

Recipe by: Granni K