

American Thanksgiving Mac 'n' Cheese

Ingredients

150g Macaroni Pasta
 500ml /1 pint Milk
 50g Margarine
 50g Plain white flour
 ½ level tsp Mustard powder (optional)
 Salt and pepper
 150g Grated Cheddar cheese
 Tomato to garnish
 Extra margarine for greasing dish



Aim Higher

Hide vegetables in the sauce to make it more nutritious - bring in a handful of broccoli or cauliflower florets

Equipment

All equipment provided by school

****Small ovenproof lasagne dish from home ****

Oven temperature :

Method

1. Half fill a large saucepan with water, bring to the boil and cook macaroni according to the instructions on the packet. Add the broccoli or cauliflower to the water with the pasta.
3. Meanwhile make a white sauce by the 'roux' method :-
 Melt margarine in a small sauce pan and then stir in flour to make a paste and cook for 1 min. Off the heat, add the milk a little at a time whisking until smooth with each addition.
4. Return to the heat and bring to the boil stirring continuously until sauce thickens. Remove from heat.
5. Add salt and pepper, mustard and $\frac{3}{4}$ of the cheese to the sauce and stir well.
6. Drain the cooked macaroni in a colander over the sink.
- Separate the broccoli or cauliflower from the pasta and add to the cheese sauce. Use a hand blender to blend into the sauce.
7. Add the pasta and the cheese sauce to the dish and mix thoroughly.
8. Sprinkle with the remaining cheese.
9. Slice the tomato and garnish the top.