

MACARONI AND CHEESE

Equipment:

Measuring Spoons

Measuring Cup

Casserole

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Fine mesh strainer

Ingredients:

1/4 cup butter 50 ml

2 tbsp onion, minced 25 ml

1 clove garlic, minced 1

1/4 cup flour 50 ml

1 tsp dry mustard 5 ml

1 tsp salt 5 ml

1/4 tsp pepper 1ml

2 cups milk 500ml

2 cups Cheddar cheese, grated 500 ml

1/3 cup fresh bread crumbs 75 ml

1 tsp paprika 5ml

8 oz. macaroni, cooked and drained 250 g

Procedure:

1. In a 4-cup (1 L) glass measuring cup, melt butter at **P7** 50 seconds.
2. Add onion and garlic, cook at **P7** 1 minute.
3. Stir in flour, mustard, salt and pepper.
4. Gradually add milk.
5. Cook at **P7** 3 minutes, stirring once.
6. Continue cooking at **P4** 3 - 4 minutes, or until sauce thickens.
7. Stir in Cheddar cheese.
8. Stir sauce into macaroni, in an 8 cup (2 L) casserole.
9. Top with bread crumbs and paprika.
10. Cover with waxed paper.
11. Cook at **P6** 7 - 9 minutes.

Variation:

Use 1/2 cup (125 ml) of tomato sauce for 1/4 cup (50 ml) milk and 1/8 tsp (0.5 ml) basil for dry mustard.