

Macaroni Cheese

Shop Bought Pasta and Béchamel Sauce (Roux)

Ingredients:

100g Macaroni or any Shaped Pasta
100g Cheese (Cheddar or Red Leicester)
250ml Semi-Skimmed Milk
25g Butter
25g Plain Flour
Pinch of Salt
Pinch of Black Pepper



Please bring an ovenproof dish to cook and take your macaroni cheese home in. You will either need a lid or a piece of tin foil to cover the dish at the end of the lesson.

Optional Ingredients:

Vegetables (Onion, Broccoli, Cauliflower, Courgette, Tomatoes, Mushrooms or Peppers)
Bacon
Ham
Fish (Tuna, Salmon, Haddock, Cod or Prawns)
Bread Crumbs to place on Top
Fresh or Dried Herbs (Parsley, Coriander, Oregano, Dried Mixed Herbs or Basil)
Pinch of Mustard Powder (Optional)



Method:

1. Half fill a saucepan with warm water. Place this on the back of the hob. Bring the water to the boil and then add the macaroni / pasta. Once the water is boiling, cook the pasta for 10 to 12 minutes, until al dente. Once the macaroni / pasta has cooked, drain the boiling hot water away from the macaroni into a colander in the small sink and wash with cold water.
2. Once cooked use a colander to drain the water and place in an ovenproof dish.
3. Weigh and measure out all the ingredients accurately.
4. Grate the cheese onto a plate, transfer this into a small bowl ready to use later.
5. Prepare any additional ingredients. If you are using vegetables, make sure these are cut into even size pieces.
6. If you are using raw meat, this will need to be cooked along with any vegetables. This can be done in your second saucepan. Once the meat and vegetables are cooked, set this aside for when you are ready to assemble the product.
7. To make the béchamel sauce, you are going to use the roux method of making: Ensure all your ingredients are weighed out accurately and grate the cheese onto a plate.
8. Place a small saucepan at the front of the hob, DO NOT turn it on.
9. Place the butter into the saucepan; melt on a low heat stirring with a white plastic spoon. Once melted add the flour and mustard powder (optional) and continue heating it for 1 minute, stirring it all the time.
10. Remove the saucepan from the heat and place it on a pan stand.
11. Gradually add the milk a small amount at a time (roux method), stirring well each time to avoid any lumps forming, until all the milk has been added.
12. Put the saucepan back on the heat and stirring all the time, heat the sauce until it boils and thickens (the sauce should coat the back of the white plastic spoon and be smooth and glossy in appearance).
13. Remove the saucepan from the heat and place it on a pan stand. Add $\frac{3}{4}$ of the grated cheese. Stir until the cheese has melted.
14. Pour the béchamel sauce over the pasta. Add a few twists of black pepper and any additional ingredients. If you have cooked any meat or vegetables, they should be stirred in.
15. Sprinkle the rest of the cheese on top.
16. Bake in the oven at 190°C or Gas Mark 5 for 20 to 30 minutes until golden.



Top Tips:

- ◆ Try different varieties of pasta shapes, such as rigatoni or shells.
- ◆ Add fresh herbs to the sauce, like chopped parsley or basil.

