

# Macaroni Cheese

## Shop Bought Pasta and All-in-One Sauce

### 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



### 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.
2. Weigh and measure out all the ingredients accurately.
3. Grate the cheese onto a plate, transfer this into a small bowl ready to use later.
4. Prepare any additional ingredients. If you are using vegetables, make sure these are cut into even size pieces.
5. 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.
6. To make the white cheese sauce:
7. Place the butter, flour and milk into a small saucepan and place at the front of the hob. **DO NOT** add the cheese.
8. Turn on the heat so it is on a low temperature. Use a balloon whisk to continually stir the mixture. Bring the sauce to a simmer, whisking it all the time until it has thickened.
9. Once the sauce has thickened, remove the saucepan from the heat and place it on a pan stand.
10. Use a white plastic spoon to stir in the grated cheese. You may want to save a little for sprinkling on the product before it goes in the oven.
11. 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.
12. Stir the drained macaroni into the cheese sauce; add a few twists of black pepper and any additional ingredients. If you have cooked any meat or vegetables, they should be stirred in.
13. Pour the macaroni into an ovenproof dish.
14. Arrange any additional ingredients or breadcrumbs over the macaroni.
15. Sprinkle over the remaining cheese.
16. When you get home 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.
- ◆ During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli or cauliflower.