

Classic Macaroni and Cheese

Ingredients:

250 mL macaroni

Sauce

30 mL margarine

30 mL flour

250 mL milk (80 mL milk powder & water)

150 mL grated cheddar cheese

1 mL pepper

1 mL paprika

0.5 mL salt



Method:

1. Preheat oven to 400 F. Grease casserole dish with cooking spray.
2. In a large pot of boiling water, cook macaroni until al dente ("under tooth"; tender yet firm). About 8 minutes. Drain.
3. Prepare all ingredients before making sauce.
4. In a small pot over medium heat, melt margarine.
5. Add flour and make a roux (paste). Cook until white foamy bubbles appear (about 30 seconds).
6. Gradually add milk, stirring constantly to avoid lumps. If lumps develop press up against the sides of the pot. Stir until thickened (= boils).
7. Remove from heat. Add cheese and stir with wooden spoon until melted. Add seasonings and stir.
8. Combine pasta and sauce in large saucepan. Place in casserole dish.
9. Top with Panko. (optional.)
10. Bake for 15 minutes. Cover on, it will remain creamy. Lid off, it will develop a crust. Serve hot.