**Macaroni and Cheese Name \_\_\_\_\_\_\_\_\_\_\_\_**

**Foods 8 Duty \_\_\_\_\_\_\_\_\_\_\_\_\_**



**Ingredients**

175 mL Macaroni

15 mL Margarine

15 mL Flour

2 mL Salt

Dash Pepper

125 mL Milk (40 mL milk powder)

125 mL Grated cheddar cheese

**Method:**

Preheat oven to 425 F. In a large pot of boiling water, cook macaroni until it is al dente (which means “under tooth”). Drain pasta.

In a small saucepan, melt margarine.

Remove pan from heat and stir in flour to make a smooth paste.

Add milk very slowly, blending thoroughly after each addition.

When all the milk has been added, cook, stirring constantly until mixture thickens and begins to boil.

Stir in grated cheese. Continue stirring until cheese has melted.

Mix cheese sauce and macaroni together and place in a greased casserole dish.



Bake for 15 minutes

**Macaroni and Cheese Name \_\_\_\_\_\_\_\_\_\_\_\_**

**Foods 8 Duty \_\_\_\_\_\_\_\_\_\_\_\_\_**



**Ingredients**

\_\_\_\_\_\_ Macaroni

\_\_\_\_\_\_ Margarine

\_\_\_\_\_\_ Flour

\_\_\_\_\_\_ Salt

\_\_\_\_\_\_ Pepper

\_\_\_\_\_\_ Milk (40 mL milk powder)

\_\_\_\_\_\_ Grated cheddar cheese

**Method:**

Preheat oven to \_\_\_\_\_\_\_\_\_. In a large pot of boiling water, cook macaroni until it is \_\_\_\_\_\_\_\_\_\_\_ (which means “under tooth”). Drain pasta.

In a small saucepan,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Remove pan from heat and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to make a smooth paste.

Add milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, blending thoroughly after each addition.

When all the milk has been added, cook, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_until mixture thickens and begins to \_\_\_\_\_\_\_\_\_\_\_.

Stir in grated cheese. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_until cheese has melted.

Mix cheese sauce and macaroni together and place in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_dish.

Bake for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_