

Creamy Mac and Cheese



Ingredients

Roux:

4 Tablespoons Butter

2/3 cups Flour

Béchamel:

2 cups milk added to the Roux

Pinch Nutmeg

1 teaspoon Salt

Cheese Sauce:

1 ½ cups shredded cheese of your choice

1 lb pasta

Utensils

Medium Pan

Whisk

Pot for pasta

Strainer

Spoon

Pan



Recipe Instructions

Step 1: Cook Pasta

Boil water and cook one pound of pasta. Drain and put aside.

Step 2: Roux

In a medium pot, melt butter on medium/med high heat. Add flour in a few parts at a time, stirring the entire time.

Step 3: Béchamel

Pour milk in ½ a cup at a time, using the whisk to mix until smooth. Add nutmeg and salt and mixing until completely smooth.

Step 4: Add Cheese

Add cheese to cream sauce ½ a cup at a time until it melts completely. This should be a thick sauce.

Step 5: Add to pasta

Add hot cheese sauce to pasta and mix until all pasta is covered. If you want, you can bake at 350 degrees for 20 minutes.

Step 6: Serve

Portion as a side and Enjoy!!!



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Always make sure nothing is in the oven before turning on. Remember to use an oven mitt and turn off when done. Let others know there is a hot surface. Keep the handle on pots turned back.