

Year 4 'Cooking for Fun'

MACARONI CHEESE

Ingredients

700ml/1 $\frac{1}{4}$ pints milk

50g/2oz butter

50g/2oz flour

175g/6oz grated cheddar

400g/16oz macaroni

Pinch of nutmeg

Method

1. Cook the macaroni according to packet instructions
2. Melt the butter over a medium heat in a saucepan. Add the flour and stir to form a roux.
3. Gradually whisk in the milk a little at a time. Cook for 10-15 minutes to make a smooth and thick white sauce.
4. Preheat the grill to hot or the oven to 180degrees.
5. Add cheese to the white sauce and stir well until smooth (save a little cheese for the top)
6. Add the macaroni to the sauce, mix well and then transfer to a large ovenproof dish.
7. Grill or bake until golden brown and bubbling.