

Macaroni cheese





Ingredients

100g macaroni

100g Cheddar cheese

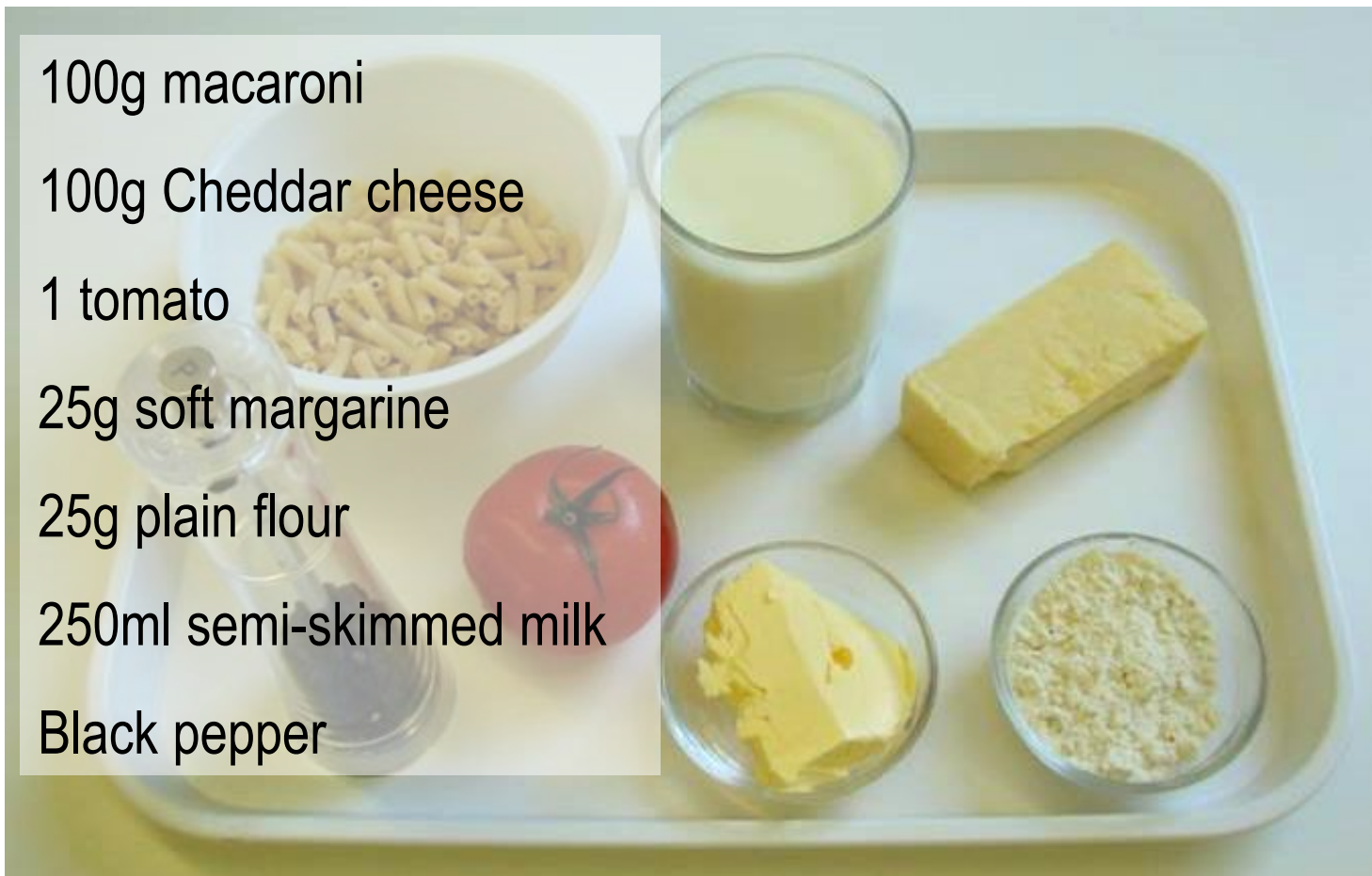
1 tomato

25g soft margarine

25g plain flour

250ml semi-skimmed milk

Black pepper





Equipment

Two saucepans

Weighing scales

Grater

Chopping board

Knife

Colander

Measuring jug

Wooden spoon

Whisk

Ovenproof dish (or foil tray)

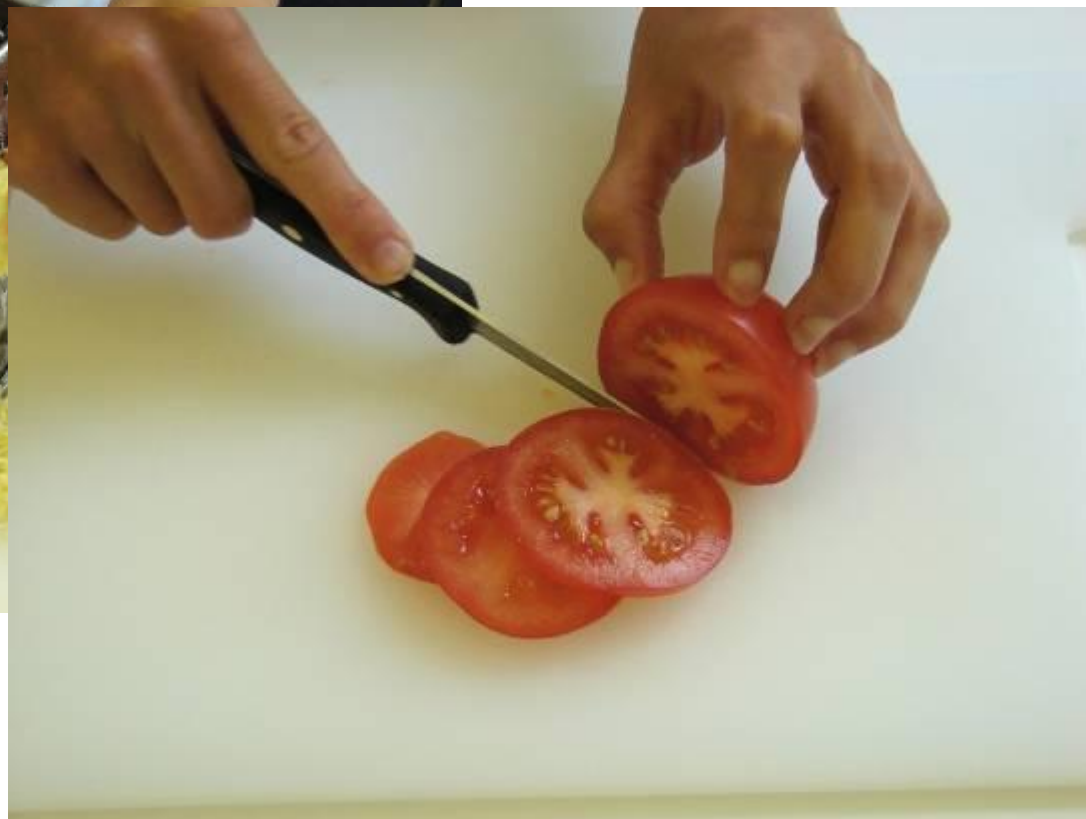
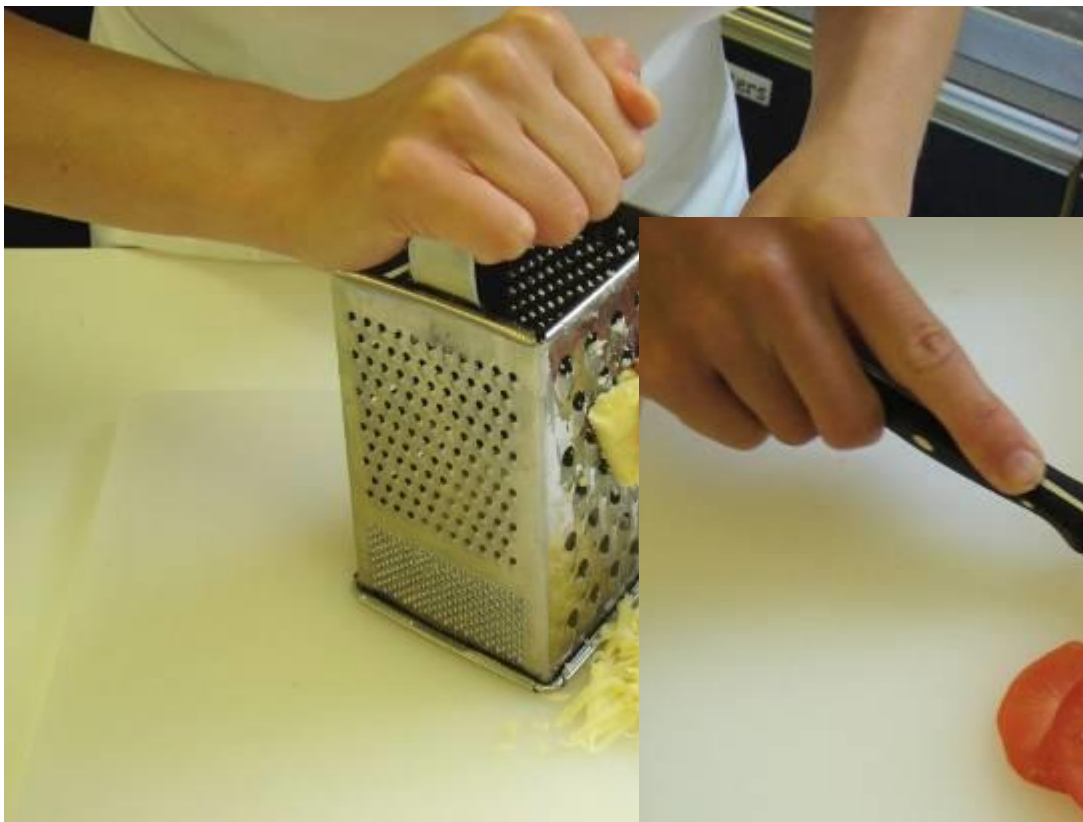


Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until *al dente*.



2. Grate the cheese and bread, slice the tomato.



3. While the pasta is cooking, make the sauce:

- place the butter or margarine, flour and milk into a small saucepan;



- bring the sauce to a simmer, whisking all the time until it has thickened;



- reduce the heat and allow to simmer for 2 minutes;





- stir in 75g of the grated cheese.





4. Preheat the grill.



5. Drain the boiling hot water away from the macaroni into a colander in the sink.



6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.



7. Pour the macaroni into an oven-proof dish (or foil tray).



8. Arrange the tomato slices over the macaroni.



9. Sprinkle over the remaining cheese and add a few twists of black pepper.



10. Place under a hot grill until the cheese is bubbling and golden brown.





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