

Macaroni Cheese

Ingredients

- 100g pasta
- 250ml milk
- 25g butter
- 25g plain flour
- 75g cheese

Roux = sauce base made of flour and butter



1. Half fill a pan of hot water and boil the pasta for **10-12 minutes. Heat 6.**



2. Melt the butter in a second pan on **heat 3**. Then add the flour and whisk to form the roux.



3. Slowly add $\frac{1}{4}$ of the milk and whisk to form a smooth runny paste.



4. Slowly add the rest of the milk, whisk continuously.



5. Keep whisking your sauce until thick.



6. Add the grated cheese to your sauce. When it melts, turn the heat off.



7. Season your sauce with salt, pepper and herbs. Remember, cheese is salty already!



8. Test your pasta is ready, then drain the pasta in a colander in the sink.



9. Add the pasta to the sauce, mix and transfer to your container.