

Macaroni cheese

Ingredients

100g macaroni
 100g Cheddar cheese
 1 tomato
 25g butter or soft spread
 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 slice the tomato.
3. While the pasta is cooking, make the sauce:
 - place the fat, flour and milk into a small saucepan;
 - bring the sauce to a simmer, whisking all the time until it has thickened;
 - 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. Place under a hot grill until the cheese is bubbling and golden brown.

Top tips

- Try using a reduced fat Cheddar cheese to lower the fat content or use wholemeal pasta to increase the fibre.

Food skills

- Weigh.
- Measure.
- Boil and simmer.
- Drain.
- Grate.
- Slice.
- Stir.
- Decorate and garnish.
- Grill.

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