

Macaroni & Cheese

Ingredients

- 1 (8 ounce) package of macaroni (2 ½ cups)
- 4 tablespoons butter
- 4 tablespoons flour
- 1 cup milk
- 1 cup half & half or cream
- 1/2 teaspoon salt
- fresh ground black pepper, to taste
- 2 cups cheddar cheese, shredded good quality
- 3 Tb breadcrumbs, dried

Directions

1. Preheat oven to 400°F.
2. Fill a large pan halfway full of water and bring to a boil. Add macaroni, turn down heat and simmer until macaroni is tender (not mushy).
3. In a large saucepan melt butter.
4. Add flour mixed with salt and pepper, using a whisk to stir until well blended.
5. Pour milk and cream in gradually; stirring constantly.
6. Bring to boiling point and boil 2 minutes (stirring constantly).
7. Reduce heat and cook (stirring constantly) 10 minutes.
8. Add shredded cheddar little by little and simmer an additional 5 minutes, or until cheese melts.
9. Remove from heat.
10. Add macaroni to the saucepan and fold into the macaroni to coat with the cheese sauce.
11. Transfer macaroni to a baking dish
12. Sprinkle with breadcrumbs.
13. Bake 20 minutes until the top is golden brown.

(You can also freeze this recipe in zip-lock bags for later use - once you have mixed the macaroni along with the cheese sauce allow to cool to room temperature before adding to your freezer - I generally pull it out the night before and allow macaroni and cheese to reach room temperature; I then add the macaroni and cheese to a buttered baking dish, sprinkle with bread crumbs and then bake for 20 to 30 minutes, until golden brown on top and bubbling.