

# Macaroni Cheese



## Recipe By FoodieBook

**Ref:** 229

**Heading:** Pasta

**Cuisine:** Italian

**Food Type:** Vegetarian

**No of Portions:** 4

## Ingredients & Prep

500 ml Milk full fat  
400 g Macaroni pasta dried  
200 g Parmesan cheese grated or cheddar, Gruyere  
100 g Butter unsalted  
50 g Flour  
50 ml Double cream  
1 Onion roughly chopped  
1 Vegetable stock cube or gel pot  
1 pinch Nutmeg ground  
1 Bay leaf

### Topping

120 g Breadcrumbs  
100 g Parmesan cheese grated  
60 g Butter salted melted  
1/2 tsp Garlic powder or granules (optional)  
g Black pepper freshly ground

## Method

**Step 1** - Place milk, onion, & bay leaf in a pan, bring to a simmer for 2 mins keeping you eye on not to boil over, take off the heat & set aside.

**Step 2** - Place pasta in a pan of boiling salted water & cook until just soft, drain & set aside.

**Step 3** - Heat a pan on a low/med heat, melt the butter, add flour & cook out for 1 min to make a roux, sieve to milk mixture & add to the roux using a Whisk vigorously once all the milk has bee mixed in add, cream, veg stock, grated Parmesan & nutmeg, Whisk to a smooth sauce & bring to the boil then take off the heat.

**Step 4** - Make the topping by making all ingredients in a bowl.

**Step 5** - Add cooked macaroni to the sauce & mix, pour mixture into a baking dish even out flat, sprinkle over topping & bake in a pre-heated oven set at 200'c for 20 mins or until browned & bubbling around the edges.

## Suggestion & Tips

You could add a dash of white wine before adding pasta, use recipe as a side dish, serve with a salad, select half the amount for starters.