

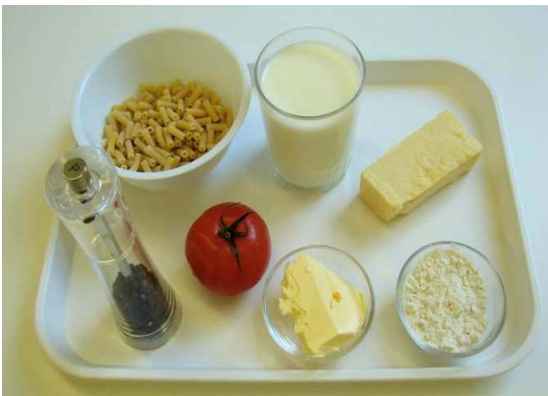
Macaroni Cheese

Ingredients

100g macaroni
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper

Equipment

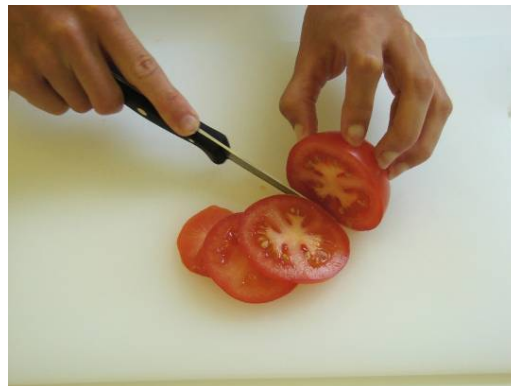
Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish (or foil tray).



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 slice the tomato.



3. While the pasta is cooking, make the sauce: place the butter or margarine, flour and milk into a small saucepan.



4. Bring the sauce to a simmer, whisking all the time until it has thickened;



5. Stir in 75g of the grated cheese.



6. Preheat the grill.



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



8. 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.



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

11. Cover and label leaving in the Kitchen till the end of the day