

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 according to the instruction on the packet until al dente.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce.
4. Place the butter or margarine, flour and milk into a small saucepan.
5. Bring the sauce to a simmer, whisking it all the time until it has thickened.
6. Reduce the heat and allow to simmer for 2 minutes, stirring with a spoon
7. Stir in 75g of the grated cheese.
8. Preheat the grill.
9. Drain the boiling hot water away from the macaroni into a colander in the sink.
10. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
11. Pour the macaroni into an oven-proof dish or foil tray.
12. Arrange the tomato slices over the macaroni.
13. Sprinkle over the remaining cheese.
14. Place under a hot grill until the cheese is bubbling and golden brown.

Top tips

Add fresh herbs to the sauce, like chopped parsley or basil.

During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, cauliflower, courgette or peppers.

Skills

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|-----------|---------------|-----------------|------------------------|----------|
| Grating | Using the hob | Using the grill | Making a savoury sauce | Draining |
| Combining | Claw grip | Mixing | Weighing | |