

Chefs Termly Recipe



We would like to introduce a termly recipe for schools to add to their website, newsletter or used within schools to support the national curriculum.

Please let us know if your school has used this recipe and send us pictures of your masterpieces!

Macaroni Cheese (serves 6)

Ingredients:

- 250g macaroni pasta
- 40g butter
- 40g plain flour
- 3g ground nutmeg
- 600ml milk
- 250g grated mature cheddar
- 50g grated parmesan

Method:

1. *Cook the macaroni in a large pan of boiling salted water for 8-10 minutes, drain well and set aside*
2. *Melt the butter over a medium heat in a pan slightly larger than that used for the macaroni*
3. *Add the flour and stir to form a roux, cooking for a few minutes (a ROUX is a paste of butter and flour that leaves the side of the pan)*
4. *Gradually whisk in the milk, a little at a time. Cook for 10-15 minutes to a thickened and smooth paste*
5. *Preheat the grill to hot*
6. *Remove the sauce from the hob, add the nutmeg, 175g of the grated cheese and all of the parmesan, stir until the cheese is well combined and melted*
7. *Add the macaroni to the sauce and mix well. Transfer to a deep, suitably sized ovenproof dish*
8. *Sprinkle the remaining cheese and place the dish under the hot grill. Cook until the cheese is browned and bubbling – serve immediately.*

Chefs tip: Add some roasted tomatoes & cracked black pepper to spice it up!

Chefs tip: This dish can be stored in the fridge for up to 2 days