

Easy Macaroni Cheese

Ingredients

- 85g macaroni (or other pasta shape, but not spaghetti)
- 150ml milk
- 50g cheddar cheese (or other hard cheese)
- 1 tablespoon of plain flour
- 1 teaspoon of margarine or butter

Method

- Fill the saucepan halfway up with water and bring to the boil (large rapid bubbles)
- Once the water is boiling, add the macaroni (pasta) and stir then leave to gently boil for 8 minutes
- Meanwhile grate the cheese using a box grater on a chopping board
- After 8 minutes use the colander to drain the macaroni (pasta) and set aside
- Pour the milk into the saucepan
- Add the flour and margarine
- Put on a low heat and whisk **continuously** until the sauce begins to thicken and gently bubble
- Continue to cook and whisk **continuously** for a further minute
- Add the cheese and whisk **continuously** until all the cheese has melted, then remove from heat
- Put the macaroni in an ovenproof container then cover with the sauce

If you wish you can garnish the top, for example with sliced tomato and more grated cheese.
The dish should be oven cooked at 180c / gas mark 4, for 15-20 minutes.

Equipment

- Chopping board
- Box grater
- Measuring jug
- Measuring spoons
- Saucepan
- Colander
- Balloon whisk

Note

Before cooking you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Have all your ingredients to hand
- Get out ALL the equipment you'll require

