

# MACARONI & CHEESE

## MACARONI AND CHEESE

### INGREDIENTS:

- 1 pound bag of dried pasta of your choice
- 1/2 pound cheese, preferably a combination of 2-3 cheeses (we used fontina, mozzarella, and parmesan)
- 4 tablespoons (1/2 stick) butter
- 1/4 cup all-purpose flour
- 2 1/2 cups milk
- 2 heaping teaspoons of dry mustard
- 1 egg
- 1 teaspoon salt
- 1/2 teaspoon pepper

### NOTE

If you were to pour the egg directly into the hot milk mixture, it might scramble. That's why it's important to first pour a bit of the hot liquid a little at a time to slowly warm it up.

### INSTRUCTIONS:

1. Heat a large pot filled 2/3 of the way with water. Add a large pinch of salt (at least a teaspoon). The water will heat faster with the lid on. Once boiling, place pasta in the pot and cook according to package directions. When finished cooking, drain into a strainer.
2. While the water is heating up, grate the cheese into a very large bowl (it will later fit the pasta and sauce).
3. In a medium-sized pot, melt butter and then sprinkle in the flour. Whisk together over medium-low heat. Cook the mixture for 5 minutes, whisking frequently. Don't let it burn.
4. Pour in milk, add mustard, and whisk until smooth. Cook for 5 minutes until very thick, whisking occasionally. Reduce heat to low.
5. While the mixture is thickening, crack the egg into a bowl and whisk it with a fork. Then, take 1/4 cup of the sauce and slowly pour it into the beaten egg, whisking constantly so the eggs don't cook. Then pour the egg mixture into the sauce, whisking constantly. Stir until smooth.
6. Pour the milk mixture into the bowl of cheese. and stir to melt.
7. Pour in drained, cooked pasta and stir to coat. Season with salt and pepper and stir to combine. Cover the bowl to keep it warm until you are ready to eat.

*explore.eat.enjoy.*