

Macaroni Cheese



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4-6 portions

INGREDIENTS

500g Macaroni Pasta

Cheese Sauce

100g Butter or

Margarine

100g Plain Flour

1L Semi-Skimmed Milk

1 tsp Vegetable

Powder or 1 Grated

Stock Cube

300g Grated Cheese

METHOD

Cheese Sauce

Make the white sauce by melting the butter in a pan.

Add the flour a little at a time whilst mixing.

Cook on a very low heat for approximately 5 minutes.

Slowly add the milk whilst whisking until the sauce is smooth and bring to a simmer to thicken.

Take off the heat and add the vegetable stock and whisk the cheese in until smooth.

Cook the pasta in a large pan of simmering water until it is just cooked, then drain the water.

Combine the pasta with the sauce.

Place the mixture into a suitable dish and bake in the oven for 10 mins at 170°C until golden.