



Basic Macaroni Cheese

Learning Objectives

In this activity, you will:

- Learn how to make a one stage sauce
- Demonstrate safe use of the cooker and other small tools and equipment
- Prepare a range of fresh ingredients, e.g. grating
- Understand the principle of gelatinisation

Write the ingredients and quantities on your recipe sheet. We are cooking this dish on

Keywords: stir, boil, simmer, bake, separating agent

Ingredients

Quantity	Ingredient	Function
250ml	Milk	For the béchamel sauce
25g	Margarine	Separating agent. Prevents flour from forming lumps in the sauce
25g	Plain flour	Thicken the sauce (gelatinisation)
175g	Cheddar cheese (grated)	Taste
200g	Macaroni or small pasta	Forms the bulk of the product

Additional Ingredients

Suggest ingredients you would add to improve the recipe:

Equipment

- Oven proof casserole dish (or box if not available)
- 2 saucepans – 1 for pasta and the other to make the sauce
- Measuring jug
- Small whisk
- Measuring equipment
- Grater
- Colander

Method

1. You will need to prepare your additional ingredients where appropriate
2. Prepare yourself and your table
3. Boil a saucepan of water. Add pasta and bring to the boil.
4. In another saucepan place margarine, flour and milk. Heat, whisking consistently. The mixture will be thick to start with – don't allow it to burn.
5. The finished white sauce is called a béchamel sauce. Simmer and stir the béchamel sauce until it has a rich, smooth consistency and is free from lumps.
6. Add 2/3 grated cheddar to the béchamel and stir until melted and smooth. Turn off the heat. Once the cheese is added to the béchamel, don't allow it to boil or the cheese will become stringy.
7. Drain the pasta using a colander. Put the pasta back in the saucepan.
8. Add the cheese sauce to the pasta and mix thoroughly.
9. Place the macaroni into a shallow ovenproof dish and sprinkle with remaining cheese. This can be baked at home to brown the cheese