



Salvos

Kids

in the

Kitchen

online

Macaroni Cheese

INGREDIENTS (Serves 4):

250g pasta
water

3 tablespoons butter
3 tablespoons plain flour
2 cups milk
1 1/2 cups grated cheese

EQUIPMENT:

2 medium saucepans bowl
measuring cups and spoons
wooden spoon strainer

Put everything you need out on the bench or table.

Fill one saucepan about 3/4 full with water. Heat on high until water is boiling. Add pasta and cook for 12-15 minutes. When pasta is soft but firm in the middle, it is ready. Remove from heat, strain to remove water.

In another saucepan, melt butter. Add flour. Stir to form a paste. Cook for 1 minute over medium heat. Gradually add milk, stirring until smooth. Stir gently until the mixture just boils. Reduce heat and simmer for 2 minutes. Remove from heat. Add cheese. Stir until cheese is melted and sauce is smooth.

Add pasta to cheese sauce and stir through.

© Cathryn Williamson

Macaroni Cheese

VARIATIONS

Cook 250g frozen spinach and add to cheese sauce before stirring into pasta.

Add a drained can of tuna and a small can of creamed corn before stirring into pasta.

Fry some bacon and onion in a small amount of oil. Add to cheese sauce before stirring into pasta.

Pasta Bake

INGREDIENTS:

As for Macaroni Cheese
PLUS 1-2 cups frozen vegetables
1/2 cup grated cheese (extra)

EQUIPMENT:

heatproof dish (extra)

Turn the oven on and heat to 180°C.

Cook pasta. (Any small pasta will work!)
Make cheese sauce as directed.
Add frozen vegetables to pasta.
Pour cheese sauce over pasta and vegies and stir through.

Place in heatproof dish and sprinkle with extra cheese.

Cook in oven for 15-20 minutes

© Cathryn Williamson