



Salvos

# Kids

in the

# Kitchen

online

## Macaroni Cheese

### INGREDIENTS (Serves 4):

250g pasta  
water

3 tablespoons butter  
3 tablespoons plain flour  
2 cups milk  
1½ 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  $\frac{3}{4}$  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.

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## 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  
½ 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

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