

NOODLES AND CHEESE

In this recipe you make a cheese sauce from roux, milk, and cheese. The cheese sauce is served over hot pasta. This dish can also be baked, for baked macaroni and cheese.

INGREDIENTS

3 cups of water	1/2 tsp. dry mustard
5 oz. macaroni	1/4 tsp. pepper
2 tbsp. butter or margarine	1 c. milk
2 tbsp. flour	1 c. grated cheddar cheese
1/2 tsp. salt	

DIRECTIONS

1. In a large saucepan, bring the water to a boil. (optional 1/2 tsp. salt)
2. Cook macaroni in boiling water for about 8 minutes. Drain when cooked.
3. Melt butter in a medium saucepan, stir in flour and cook for about 4 minutes over low heat, stirring frequently with a wooden spoon.
4. Gradually stir in milk, dry mustard, salt and pepper. Bring to a boil.
5. Add the cheese to the saucepan with milk and seasonings, and cook until the cheese melts.
6. Pour the cheese sauce over the noodles.

VARIATION

BAKED MACARONI AND CHEESE Follow above recipe, sprinkle with 3 tbsp. of bread crumbs, then bake in a casserole dish for 20 to 25 minutes at 350o until golden brown.