

## Macaroni and Cheese

Name \_\_\_\_\_ Block \_\_\_\_\_ Date \_\_\_\_\_

### **Ingredients**

- 2 cups macaroni noodles
- 30 ml margarine
- 30 ml flour
- 300 ml milk
- 4 ounces, or  $\frac{3}{4}$  cup shredded cheddar and mozzarella cheese
- 5 ml dried mustard powder
- Salt and Pepper to taste

### **Method**

- Cook macaroni noodles according to package directions. Drain noodles.
- Heat margarine in a separate pan with flour. Whisk constantly until light brown in colour, (about 5 minutes). Add dried mustard, salt and pepper.
- Heat milk in the microwave for 1 minute, then slowly add to the margarine and flour while whisking.
- While sauce is thickening, grate cheese. Slowly add grated cheese to the white sauce, melting between additions. Do not let the sauce come to a boil.
- Once cheese is fully incorporated, add pasta. Divide between bowls and serve.

### Jobs:

Washer \_\_\_\_\_ Dryer \_\_\_\_\_

Housekeeper \_\_\_\_\_ Special \_\_\_\_\_

List/Draw Ingredients needed for this lab from your kitchen and from the demonstration table:

**Questions:**

1. What food groups are represented in this recipe?

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2. Would you choose to make macaroni and cheese from "scratch" or from a prepared box? Why?

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3. What are the main differences between packaged macaroni and cheese and the prepared version?

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4. What adaptations could you make to this recipe to increase the nutritional value?

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