

# MACARONI & CHEESE

## KIDS RECIPE



### INGREDIENTS (Serves 6)

400gr Macaroni	Worcestershire sauce (optional)
900ml Milk	500gr Mature cheddar grated
2 Garlic cloves	75gr Parmesan or vegetarian equivalent
½ Brown onion	100ml Double cream
1 Fresh bay leaf (or 2 dried)	Salt and pepper to taste
6 Cloves	125g Fresh breadcrumb
50gr Butter	Thyme (5 sprigs, picked leaves)
30gr Plain flour	8tbsp Extra virgin olive oil
1/3 tsp English mustard	

## HOW TO PREPARE

- 1 Add milk, onion, cloves and garlic to a saucepan, bring up to a gentle simmer and leave to infuse for ½ hour.
- 2 Preheat the oven to 180°C.
- 3 Cook the macaroni 2 minutes less than instructed on the packet.
- 4 On a low heat, warm the butter in a saucepan until it starts foaming. Add the flour and cook for 2-3 minutes – this is called a roux.
- 5 Once the milk is infused pass it through a sieve and start adding it to your roux, one ladle at a time. Whisk continuously whilst adding the milk to avoid any lumps. This will help it to stay nice and smooth. Once the milk is incorporated leave the sauce to simmer for 1-2 minutes – you now have a béchamel.
- 6 Add the cheddar and half the parmesan to the sauce and stir until the cheese has melted. Add now the double cream followed by the mustard and a couple of splashes of Worcestershire sauce (if using).
- 7 Add the pasta to the sauce and place in an ovenproof dish, sprinkle the remaining parmesan on top and bake for 18-20 minutes or until the sauce is bubbling.
- 8 Whilst your macaroni is baking, toast the breadcrumbs by warming them in a pan on a medium heat, then add the olive oil and thyme and keep stirring until the crumb mixture is golden brown.
- 9 Evenly spread the crumb mixture on top of the baked macaroni.

Enjoy!