

# Classic Baked Macaroni and Cheese

Serves 3-4

Ingredients:

- ½ lb (225g) elbow macaroni
- 1 slice white bread, crust removed and torn into rough chunks
- 3 ½ Tbsp (52mL) unsalted butter
- 1 Tbsp (15mL) all purpose flour
- ½ 12oz can evaporated milk
- ¼ cup (50mL) milk
- ½ tsp (2mL) hot sauce
- ½ tsp ground mustard
- 2 cups (500mL) grated cheddar cheese
- 1 cup (250mL) grated swiss or gruyere cheese
- 1 large egg

Method:

1. Adjust an oven rack to the upper middle position and preheat the oven to 375F. Place the macaroni in a large bowl and cover with hot salted water by 3 or 4 inches. Let sit at room temperature until tender, about 30 minutes, stirring it after the first 5 minutes to prevent sticking. Drain.
2. While the pasta is soaking, combine the bread and 1 Tbsp (15mL) butter in the bowl of a food processor and season with salt. Pulse until the bread is finely chopped. Set aside.
3. Melt the remaining 2 ½ Tbsp (37mL) butter in a saucepan over medium high heat. Add the flour and cook, stirring constantly, until light golden blond, about 2 minutes. Whisking constantly, slowly add the evaporated milk, followed by the milk. Whisk in the hot sauce and mustard and bring to a simmer over medium high heat, whisking occasionally to prevent scorching. Remove from heat. Add the cheese all at once and stir until fully melted and smooth. Season to taste with salt and more hot sauce if desired.
4. Beat the egg in a small bowl until homogenous and frothy. Whisking constantly pour in ½ cup (125mL) of the cheese mixture, whisking until combined. Slowly pour the egg mixture into the cheese sauce, whisking constantly. Add the drained macaroni and stir to combine.
5. Transfer the mixture to a buttered casserole dish. Top with the bread crumbs and cover with foil. Bake for 30 minutes. Remove the foil and bake until the bread crumbs are browned and the sauce is bubbling, about 10 minutes longer. Remove from oven and allow to cool for 5 minutes before serving.

Adapted from “The Food Lab” by J. Kenji Lopez-Alt

Things to think about when making this recipe:

1. Why is the macaroni “cooked” this way in this recipe?
2. What is a roux and why is it used in this recipe?
3. What is the function of the egg in this recipe?