



Blue Willow Kitchen

Homemade Macaroni & Cheese

Ingredients:

For the macaroni:

1 pound cavatappi pasta
salt

For the cheese sauce:

6 Tablespoons butter
6 Tablespoons flour
1 ½ teaspoons mustard powder
dash of cayenne pepper
1 t. salt
5 cups of milk
8 oz. Monterey Jack cheese, shredded
8 oz. sharp yellow cheddar cheese, shredded
8 oz. sharp white cheddar cheese, shredded

For the crumb topping:

1 stick (8 T.) butter
2 cups panko Japanese bread crumbs

*butter (to grease baking dish)

Directions:

1. Cook the pasta in well-salted water until firm, but not soft. Drain and set aside.
2. While the pasta water is coming to a boil or while pasta is cooking, melt the stick of butter in a frying pan and add the panko bread crumbs. Stir until the breadcrumbs have turned golden brown. Turn off heat and set aside.
3. For the cheese sauce, melt the butter and whisk in the flour until foamy (roux). Add the mustard powder, cayenne, and salt and stir. Pour in the milk and whisk constantly until thickened.
4. Turn off the heat, then add the shredded cheese and whisk until well combined.
5. Add cooked pasta to the cheese sauce and stir together. Pour the mixture into a pre-greased baking dish.
6. Spread toasted breadcrumb topping over the cheesy pasta. At this point you can cover and store in the refrigerator until ready to bake (up to three days.)
7. If refrigerated, bring to room temperature before baking. Bake at 350 degrees for at least 40 min until heated through. (Internal temp. of pasta will be greater than 150 degrees).

