

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment. Watch the Youtube clip for making white sauce before you start.

<https://www.youtube.com/watch?v=UWnCNuEdy7I>

Mac and Cheese

Ingredients

100g pasta
100g cheese
1 tomato/ pepper/ mushrooms/ onion
25g soft margarine
25g plain flour
250ml milk
Black pepper

Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish

You could also add extra vegetables into the sauce eg cauliflower, broccoli, sweetcorn and maybe some protein eg tuna fish, bacon bits, chicken



Method

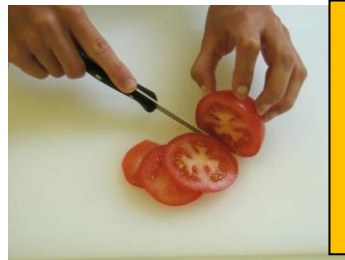
1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until *al dente*.

2. Grate the cheese and slice the tomato. Grate the cheese.

Check with an adult before using the cooker.



Use bridge and claw grip and watch knife all the time



3. While the pasta is cooking, make the sauce:

- place the milk, flour and margarine but not the cheese into a small saucepan;

- bring the sauce to a simmer, whisking all the time until it has thickened;

Watch the video for how to make an all in one white sauce



- stir in 75g of the grated cheese.



4. Preheat the grill.



Take out the grill pan and make sure there is nothing under the grill before turning it on.

5. Drain the boiling hot water away from the pasta into a colander in the sink.



Use two hands to carry your pan

6. Stir the drained pasta into the cheese sauce and add a few twists of black pepper.



7. Pour the pasta into an oven-proof dish



8. Arrange the tomato slices over the pasta and sprinkle with the rest of the cheese.



10. Place under a hot grill until the cheese is bubbling and golden brown.



Watch the grill all the time. DO NOT LEAVE UNATTENDED

Serve with a vegetable dish eg coleslaw, green salad, steamed broccoli, peas, carrots etc