

Macaroni and cheese

Ingredients

- 1 cup of [macaroni](#)/pasta
- 10 g [butter](#)/ margarine
- 1 heaped tablespoon of plain flour
- 300ml [milk](#) and water
- 50g cheddar, grated
- 1 tablespoon of parmesan

Method

1. Cook the macaroni in a large saucepan of boiling salted water
2. Grate the cheese and split into two piles measure out the rest of the ingredients.
3. Melt the butter over a medium heat in the saucepan.
4. Add the flour and stir to form a roux (white sauce), cooking for a few minutes.
5. Gradually whisk in the milk and water, a little at a time. Cook for 3-4 minutes to a thickened and smooth sauce.
6. Add half of the cheese.
7. Meanwhile, preheat the grill to hot.
8. Add the macaroni to the sauce and mix well. Transfer to an ovenproof dish.
9. Sprinkle over the remaining Cheddar and parmesan and place the dish under the hot grill or oven.
10. Cook until the cheese is browned and bubbling.
11. Serve straightaway or heat up later.