

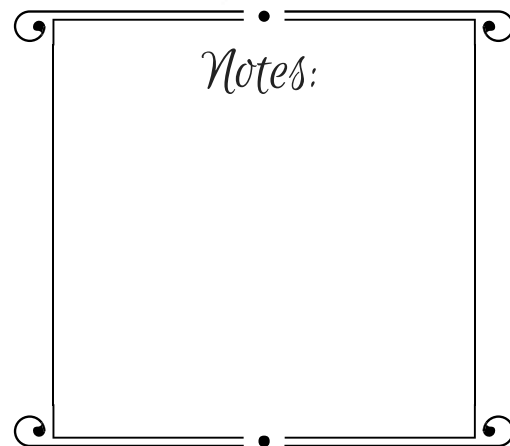
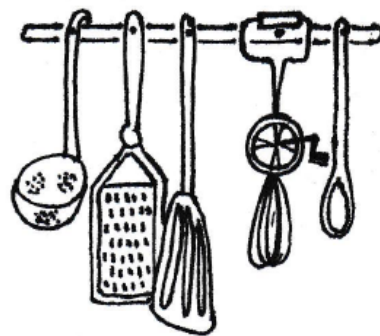
Macaroni Cheese

Ingredients:

- 2 cups Macaroni (200g / 500ml)
- half teaspoon salt
- 2 Tbsp Margarine/Butter (50g / 50ml)
- 2 Tbsp (heaped) flour (50ml)
- 2 cups Milk (500ml)
- 2 cups grated cheddar cheese (200g / 500ml)
- 2 tomatoes, sliced (optional)

Method:

- Preheat oven to 180°C (350°F / Gas Mark 4)
- Grease an ovenproof dish
- Cook macaroni in fast boiling salt water until tender and drain in a colander (approx. 15-20 minutes)
- Place margarine/butter, flour, milk, salt and pepper into a saucepan or pot, over a medium heat, stirring continuously until smooth and thick.
Pro Tip: use a whisk at first to make sure flour doesn't lump, then switch to a wooden spoon after the flour is mixed in thoroughly.
- Remove sauce from heat and add half the grated cheese
- Mix macaroni and cheese sauce together
- pour into a greased ovenproof dish.
- Place sliced tomato on top (optional)
Family Tip: Tomato gets really hot in oven, if you have young children serve fresh tomato as a side dish instead of cooking in the oven with the macaroni.
- Sprinkle remaining grated cheese over top of macaroni mixture.
- Place in oven for 15 minutes. (10 minutes if you halve the recipe)
- Brown under the top element for 5 minutes.



This recipe makes enough for 4 medium portions.
It is a very easy recipe to double or halve.
With enough practice you can make this in 35 minutes.