

Macaroni Cheese

Ingredients:

1C macaroni elbows	¼ t salt
1 onion	1 clove of garlic
1 ½ T butter	1 C grated cheese
1 T Flour	½ t mustard
1C Milk	

Salt and Pepper to taste



Method:

Macaroni:

1. Half fill a pot with water, add salt and bring to the boil. When boiling add macaroni and wait for water to boil again before lowering heat to a simmer, for approximately 10 minutes.
2. When cooked drain macaroni. Add to cheese sauce when ready.

Cheese sauce:

3. Melt butter in pot and add garlic and sliced onion.
4. Cook until onion goes clear.
5. Add flour, mix together then after 1 minute, remove from the heat.
6. Add ½ C milk and mix with a whisk until all lumps are gone.
7. Add the rest of the milk and mix - then put it back on the heat.
8. Mix with the whisk until it thickens, then
9. Add the grated cheese and stir in the salt, pepper, and mustard.
10. Stir until all the cheese has melted and the sauce is creamy.
11. Taste and adjust the seasonings as desired. Remove the sauce from heat.
12. **Combine the pasta and cheese sauce:** In a large serving bowl, combine the pasta and 1/2 of the cheese sauce. Stir to coat the pasta evenly. Add the second half of the sauce and serve.