

# Homemade Mac & Cheese

Prep time: 10 mins | Cook time: 35-40 mins

Servings: 5 | Yields: 10 cups

## INGREDIENTS

2 cups macaroni noodles (if using a larger shape, use more like 3 cups)

salt for pasta water

Canola oil

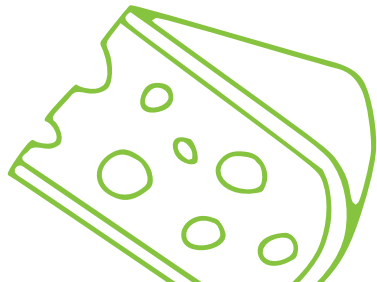
3 cups whole milk

3 cups grated cheddar cheese

3 tbsp butter

3 tbsp white flour

salt to taste



## METHOD

1. Preheat oven to 400°F. Cook pasta in plenty of boiling, well-salted water until al-dente.
2. Keep tasting until you think it's the right texture; it'll take between 5 and 9 minutes. Drain and toss with a little oil to keep it moist.
3. Gently warm the milk in a small pot over low heat. In a separate pot, melt the butter.
4. Stir the flour into the butter and mix together until a paste forms. Cook this paste (a 'roux') over medium heat until it smells toasty, 3-4 minutes. Do not cook it any longer, or it will become too dark.
5. Whisk in the milk little by little, whisking well after each addition. When you have added all the milk, cook the sauce for a few minutes at a low bubble, until thickened slightly. It will still be fairly soupy. Do not let it come to a boil.
6. Add the grated cheese little by little, in small handfuls, letting each melt before adding more. Taste the sauce; does it need more salt?
7. Combine the sauce with the cooked noodles. It will seem like a lot of sauce but it really will bake beautifully. Put it all into a deep baking dish. Bake for about 20-25 minutes, until the top has browned.