



Macaroni Cheese Serves 4

40g butter

40g plain flour

600ml milk

175g grated cheddar

75g grated cheddar

50g grated parmesan

250g macaroni

Handful of breadcrumbs

Cook the macaroni in a large saucepan of boiling salted water for 8-10 minutes; drain well and set aside.

Meanwhile, make the cheese sauce:

Saucepan, stovetop method:

Melt the butter over a medium heat in a saucepan slightly larger than that used for the macaroni. Add the flour and stir to form a roux, cooking for a few minutes.

Gradually whisk in the milk, a little at a time. Cook for 10-15 minutes to a thickened and smooth sauce.

Microwave, all-in-one method:

Put butter, flour and milk into a large microwave safe bowl or jug and heat on High for 1 ½ minutes. Whisk until smooth. Repeat for heating and whisking (1 minute at a time) until sauce is just boiling and thickened.

Meanwhile, preheat the grill to hot.

Add the 175g of cheese and stir until the cheese is well combined and melted.

Add the macaroni to the sauce and mix well. Transfer to a deep, suitably-sized ovenproof dish.

Sprinkle over the remaining 75g cheddar, parmesan and breadcrumbs. Place the dish under the hot grill. Cook until the cheese is browned and bubbling. Serve straightaway.