

# Main Course

## Macaroni and Cheese

*\*Vegetarian*

Say good-bye to boxed, food dye laden, powdered cheese mac and cheese. And say hello to the delicious and easy to make real deal!

### You'll Need

- 1 pinch of salt
- 1 splash extra-virgin olive oil
- 2 cups pasta
- 2 tablespoons unsalted butter
- 2 tablespoons flour
- ½ cup half-and-half
- 1 bay leaf
- Salt and pepper to taste
- 1(+) cups grated sharp cheddar cheese

### Directions

- To a medium sauce pan add the salt and olive oil to 4 cups of water.
- Bring it to a boil, and then add the pasta for about 6 – 7 minutes. The pasta should be almost, but not quite, tender (as it will finish to cook when you add it to the sauce) when you strain it off.
- While the pasta is boiling, melt the butter over medium heat in a second saucepan.
- Add the flour, mix them thoroughly together, and allow the roux to brown only slightly.
- Add the half-and-half, bring to a simmer with the bay leaf, salt, and pepper. Let these flavors bubble into each other for a few minutes.
- Remove the bay leaf and whisk until smooth. Then add the grated cheese to complete the sauce, and let it simmer until the pasta is done. Correct the seasoning.
- To finish it off, just drain the pasta and then throw it back into the sauce. Turn them into each other over medium heat for ~2 minutes. That's it!



### Play With Your Food

Try ½ cup of Parmesan instead of the cheddar.

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