

Macaroni and Cheese (prepared by Adele Sauve)

- 4-5 cups of uncooked elbow noodles

- White sauce (Béchamel Sauce)

1/3 cup butter

¼ cup white flour

3 cups of cold milk

1 teaspoon dry mustard

1 ½ teaspoons of salt or to taste

¼ teaspoon of pepper

- Cheeses

2 cups of grated cheddar cheese (I use St-Albert mild cheddar cheese)

For the retreat I used: 1 cup of St-Albert mild cheddar and 1 cup of mixed cheddar cheeses

You can use whatever cheese you like; old cheddar, extra-sharp cheddar cheese, Parmesan, Gruyere....

Method:

1. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8-10 minutes. Drain and let sit while you prepare sauce.
2. Prepared white sauce in a large saucepan over low heat; cook until thick. Remove from heat and stir in cheese, it doesn't have to melt completely, I like to still have some chunks in it.
3. Put noodles in a large bowl and pour cheese sauce over it and mix. Pour into a buttered baking dish. Sprinkle top with extra cheese or bread crumbs if you want.
4. Bake @ 350 for 30 minutes or until golden brown and bubbly.
5. Let sit for 10 minutes before you serve.

NOTES:

This dish is best served the next day.

Prepare, cover and refrigerate.

The next day bake @350 for 40-45 minutes (it takes longer as it is cold from the refrigerator).

Go to this site to see Donal Skehan's Mac & Cheese it is similar to my recipe

<http://www.donalskehan.com/recipes/mac-cheese-3-ways/>