

# Macaroni cheese

Assignment task



## Ingredients

### Serves 2

60 grams macaroni

1 tablespoon oil

4 teaspoons flour

1 cup milk

½ cup grated cheese

2 tablespoons dry breadcrumbs





parsley to garnish (optional)

## Method

1. Fill a large saucepan with water and bring to the boil. Add macaroni and simmer for 7 minutes, then drain.
2. To make cheese sauce, heat oil in another saucepan, add onion and add flour. Stir and cook for approximately one minute.
3. Gradually add milk in small amounts, mixing until smooth with each amount.
4. Continue until all milk has been added.
5. Return to low heat and bring to simmer, stirring often. Stir through cheese.
6. Preheat grill to medium heat. Place macaroni in a baking dish. Pour over cheese sauce, stir gently, then sprinkle with breadcrumbs.
7. Place under preheated grill for 5-10 minutes or until golden brown.
8. Remove from oven. Garnish with parsley (if using) and serve.

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## Equipment

-  Baking dish
-  Colander
-  Cutting board and knife
-  Grater
-  2 large saucepans
-  Large spoon
-  Measuring cups
-  Measuring spoons
-  Wooden spoon

## Preparation and cooking skills

Boil, chop, drain, fry, grill, make sauces from scratch, mix, simmer.