

MAC N CHEESE



By Food lovers recipes

MAC N CHEESE

Comfort food. We all love it and at times, we all need it. The drop in serotonin levels are quickest risen by pure pasta or potato – the best carriers of the happy hormone!! And what better comfort food than Mac'n Cheese? You can really PLAY with what you put into it. You can dress it up or play it down, you can bake it or prepare it as is... In the end, you want pasta and cheese – the food of kings!!

Serves: 6

Ingredients

500g pasta – I USED homemade

1tbs + 3tbs BUTTER

2tbs flour

Milk / buttermilk

1t mustard

1t mixed herbs

Ground BLACK pepper

Salt

1 onion, chopped

200g bacon, chopped

250g mushrooms, sliced

200g PROCESSED cheese

50g cheddar cheese

Pinch ground nutmeg

Method

Cook the PASTA to al dente. Fry the onion, mushrooms and bacon

in 1tbs butter until lightly browned. Set aside. Melt the 3tbs butter. Add the flour and mix well. Add the milk or buttermilk while whisking CONTINUOUSLY to form a smooth sauce. Add the cheddar cheese and blend until it has all melted in. Mix the macaroni, MUSHROOM mixture and sauce together. Scoop into a prepared BAKING dish. Cover with cheddar cheese and bake in a preheated oven at 160degrees C for about an hour, until the cheese is STARTING to crisp on top.

Source: Marista Grobler