

Macaroni Cheese: Week 1

Ingredients:

- 100g Macaroni Pasta

Equipment:

- Saucepan
- Wooden Spoon
- Colander
- Measuring Jug
- Silver Foil Tray



Method:

1. Place pan of water (3/4 full) on the hob to boil
2. Weigh 100g of pasta using measuring jug
3. Once water is boiling add pasta and remove saucepan lid
4. Cook for 10 minutes until pasta is soft
5. Drain pasta & refresh
6. in the sink using the colander
7. Place in foil container

Macaroni Cheese: Week 2

Ingredients

1 level tbsp plain flour
25g margarine
250ml milk
25g cheese
Pinch of mustard

Equipment

Saucepan
Hand whisk
Wooden spoon
Measuring jug
Knife
Table spoon



Method

1. Put the margarine, flour and milk in a sauce pan.
2. On moderate (medium) heat place saucepan on hob & stir using hand whisk until sauce thickens.
3. Turn off hob, cut cheese & add to sauce. Keep stirring.
4. Add mustard & extra ingredients .
5. Stir in pasta pour all contents into foil container.
6. Sprinkle with breadcrumbs.