



Macaroni Cheese (Roux Sauce)

Learning Objective

In this activity, you will:

- learn how to make a roux (blend of butter and flour sauce);
- demonstrate safe use of the cooker and other small tools and equipment;
- prepare a range of fresh ingredients, e.g. grating;
- understand the principle of gelatinisation.

Keywords: stir, boil, simmer, bake, separating agent.

Ingredients

Quantity	Ingredient	Function
250ml	Milk	For the béchamel sauce
30g	Butter	Separating agent. Prevents flour from forming lumps in the sauce.
20g	flour	Thicken the sauce (gelatinisation)
175g	Cheddar cheese (grated)	Taste
200g	Macaroni	Forms the bulk of the product

Equipment

Oven proof casserole dish
2 saucepans – 1 for pasta and the other to make the sauce
Measuring jug
Wooden spoon
Measuring equipment
Grater
Colander

Method

1. Preheat the oven to 220°C / Gas 7.
2. Boil a saucepan of water. Add pasta and bring to the boil.
3. In another saucepan melt the butter over a medium heat and, when foaming, add the flour. Stir well. The mixture will be thick to start with. Don't allow it to burn.
4. Gradually add the milk to the butter and flour mixture, stirring constantly. Add the milk slowly until it's all used up.
5. The finished white sauce is called a béchamel sauce. Simmer and stir the béchamel sauce until it has a rich, smooth consistency and is free from lumps.
6. Add 2/3 grated cheddar to the béchamel and stir until melted and smooth. Turn off the heat. Once the cheese is added to the béchamel, don't allow it to boil or the cheese will become stringy.
7. Drain the pasta using a colander. Put the pasta back in the saucepan.
8. Mix the cheese sauce to the pasta and mix thoroughly.
9. Place the macaroni into a shallow ovenproof dish and sprinkle with remaining cheese. Put it in the preheated oven to bake until golden brown, about 15 minutes.
10. Serve individual portions straight from the baking dish.

Suggest ingredients you would add to improve the recipe
