

Macaroni Cheese

A classic supper dish for the winter nights

Portions 4

Ingredients

95g	Macaroni
38g	Margarine
38g	Flour
25g	Onion - chopped
125g	Cheese - grated
0.5 litres	Milk

Method

1. Cook the macaroni in plenty of boiling salted water for 8-10 minutes. Drain and refresh with cold water.
2. Melt the margarine in a pan. Add the chopped onion and cook without colour.
3. Add the flour and cook lightly to form a roux.
4. Heat the milk in a pan and add slowly to the roux. Whisk until smooth and thickened.
5. Remove from the heat and stir in the grated cheese. Adjust seasoning and consistency.
6. Stir in the macaroni and place in greased dishes.
7. Sprinkle with grated cheese then place in a hot oven Gas Mark 6, 400°F, 200°C for 20-30 minutes or until top is golden brown.