

Mac n Cheese

May 29, 2020 | CARI BAUMGARTNER, ASSISTANT COOKING SCHOOL CHEF



The Best Mac and Cheese

Here it is, the ultimate comfort food. Serve with a fresh green salad for an easy vegetarian meal. Adapted from grandma's recipe so you know it's gotta be good!

Serves 4-6 | 15 min prep time + 1 hour cook time

Ingredients:

4 cups cooked pasta, room temperature

½ cup butter

½ cup flour

1 ½ cups milk

1 ½ cups sour cream

1 tsp salt (or to taste)

½ tsp pepper

10 oz (3 cups, divided) grated cheddar or cheese blend

1 cup breadcrumbs (optional)

Preparation:

Preheat oven to 350 and spread cooled pasta in 3qt (9x13) casserole dish or other oven safe vessel. Toss with 2 cups grated cheese (a mostly even distribution is fine, the oven will do the magic here).

In medium saucepan over medium-low heat: Melt butter and whisk in flour cook for a few minutes

Gradually whisk in milk, sour cream and salt and pepper

Turn heat to low and cook about 5 min until slightly thickened

Pour sauce over pasta/cheese mix, stirring just a little if sauce is very thick. Arrange pasta into even layer and sprinkle remaining 1 cup of cheese over top. Top with breadcrumbs if desired.

Bake 1 hour until top is browned. Let cool 10 min before serving and enjoy!

Notes:

This recipe is easily made gluten free(!) Just substitute gluten free pasta and use all purpose GF flour blend instead of flour (for example: ¼ cup cornstarch+2T brown rice flour+2T tapioca starch) and follow recipe as directed above