

# from the kitchen of chef michael feker

## homemade mac and cheese

**Serves 8**

### **Ingredients**

- 4 cups milk
- 1/2 onion
- 2 tsp nutmeg
- 1 tsp cloves
- 1 large bay leaf
- 3 oz flour
- 3 oz butter
- 4 cups Shredded Cheese (fontina preferred)
- 2 cups Grated Parmesan Cheese
- 1/2 cup Breadcrumbs
- 2 lbs cooked Macaroni

### **Directions**

1. Stud the onion with the cloves.
2. Place the milk, onion, nutmeg, bay leaf, and salt and white pepper in a large pot. Heat gently over a medium heat.
3. In a separate pan melt the butter over low heat. When the butter is melted whisk in the flour. Continue to cook the flour mixture over a low heat until the mixture is lightly browned.
4. After simmering the milk, for minimum of 30 minutes, strain the milk mixture a little at a time while whisking into the flour mixture and discard any solids. When all the milk has been whisked in turn the heat to medium. Continue to cook until thickened.
5. Turn off the heat and whisk in the cheeses, toss your macaroni with your now cheese sauce.
6. Transfer to a baking dish. Top with breadcrumbs. Bake in a 350-degree preheated oven for 30 minutes, change heat source to broil and broil for an additional 3 minutes or until browned and crusted on top.

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