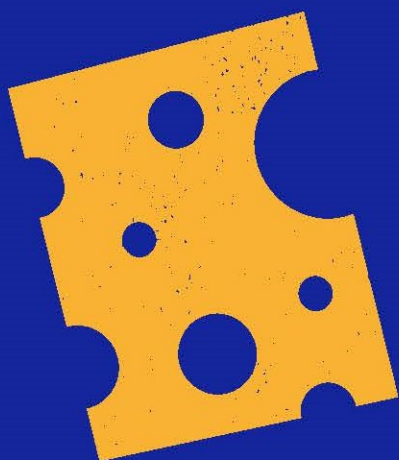
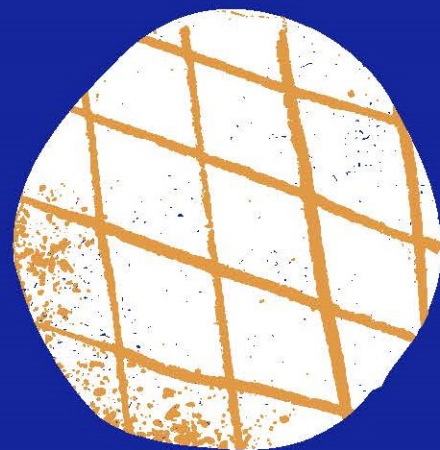
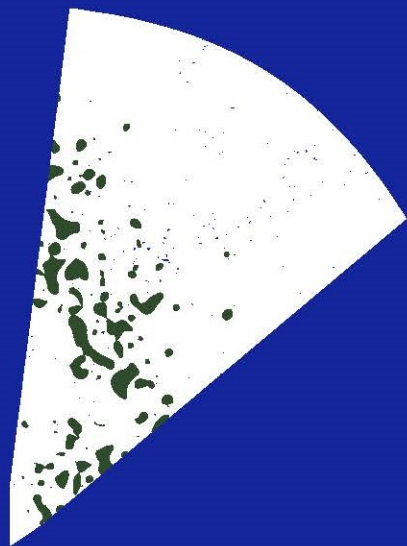
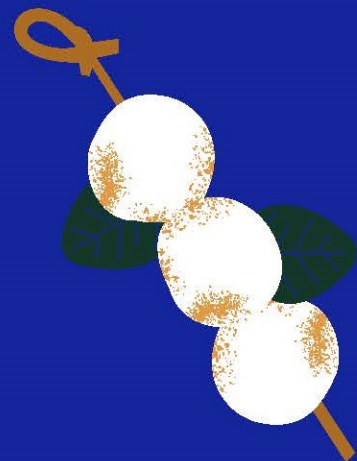
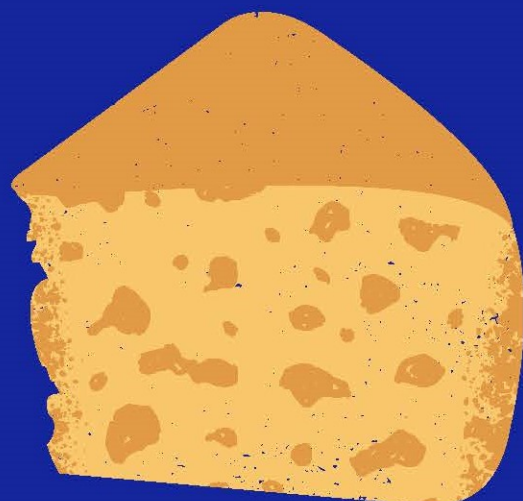
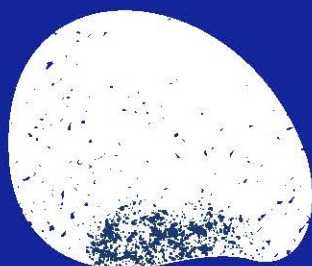
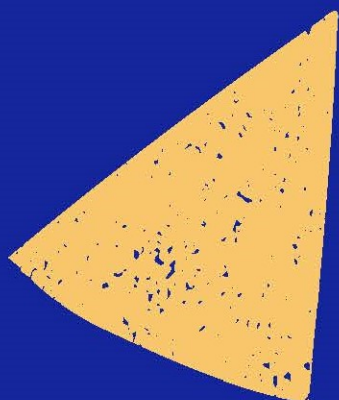
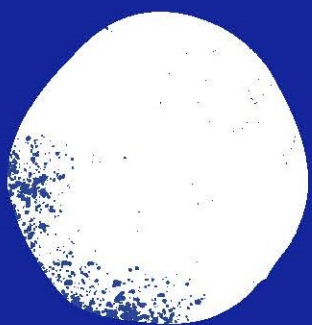
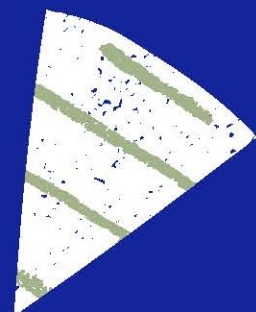


Anne-Laure Pham · Mathieu Plantive
Photography by Catherine Madani



The
COMPLETE
BOOK OF
Cheese

History, Techniques,
Recipes, Tips



Flammarion



Mac and Cheese

Preheat the oven to 350°F (180°C/Gas Mark 4).

Fill a large saucepan with water, add 2 pinches of salt, and bring to a boil. Add the pasta and cook until al dente, following the recommended time on the package. Drain and place the cooked pasta in a large bowl.

Heat the milk in a microwave.

Melt the butter in a saucepan over low heat. Whisk in the flour and cook, whisking continuously, until the mixture is smooth (about 3 minutes).

Using a spatula, gradually pour in the hot milk, stirring constantly. Still stirring, cook until the mixture thickens, then stir in 1 generous cup (5¼ oz./150 g) of the shredded Cheddar and a few pinches of ground nutmeg. Season with pepper.

Immediately pour the cheese sauce over the cooked pasta in the bowl and stir until well combined. Transfer to an 8 × 10-in. (20 × 26-cm) baking dish; the pasta layer should be about 1½ in. (4 cm) thick.

Combine the remaining Cheddar with the breadcrumbs and scatter over the pasta. Bake for 30 minutes, or until golden.

Serve hot or warm with a seasonal salad, if you wish.

SERVES 4

Active time **10 minutes**

Cooking time **45 minutes**

INGREDIENTS

- 2 pinches salt
- 9 oz. (250 g) macaroni (straight tubes or elbows)
- 2½ cups (600 ml) whole milk
- 2 tbsp (1 oz./30 g) butter
- 1½ tbsp (15 g) all-purpose flour
- Scant 2 cups (7 oz./200 g) shredded Cheddar
- Ground nutmeg

- ½ cup (25 g) breadcrumbs (preferably Panko)
- Freshly ground pepper

To serve (optional)

- Seasonal salad of your choice