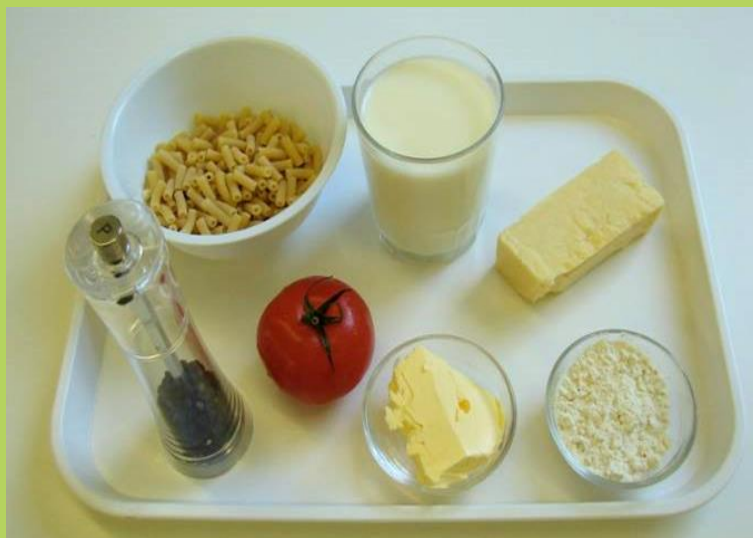


Macaroni cheese

Ingredients

100g macaroni
100g Cheddar cheese
1 tomato
25g butter or soft spread
25g plain flour
250ml semi-skimmed milk
Black pepper



Equipment

Two saucepans
Weighing scales
Grater
Chopping board
Knife
Colander
Measuring jug
Wooden spoon
Whisk
Ovenproof dish (or foil tray)

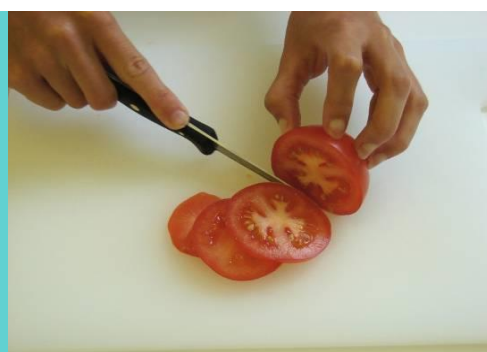


Method

1. Bring a saucepan of water to the boil, then add the macaroni. Cook for about 10-12 minutes, until *al dente*.



2. Grate the cheese and slice the tomato.



3. While the pasta is cooking, make the sauce:
 - place the fat, flour and milk into a small saucepan;



- bring the sauce to a simmer, whisking all the time until it has thickened;



Method

- stir in 75g of the grated cheese.



4. Preheat the grill.



5. Drain the boiling water away from the macaroni into a colander in the sink.



6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.



Method

7. Pour the macaroni into an oven-proof dish (or foil tray).



8. Arrange the tomato slices over the macaroni.



9. Place under the hot grill until the cheese is bubbling and golden brown.

