



## Macaroni Cheese

### Ingredients

100g macaroni  
100g Cheddar cheese  
1 tomato  
25g soft margarine  
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, and 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 butter or margarine, flour and milk into a small saucepan;
- bring the sauce to a simmer, whisking all the time until it has thickened;



- stir in 75g of the grated cheese.



4. Preheat the grill.



5. Drain the boiling hot 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.



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



8. Arrange the tomato slices over the macaroni.



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

