

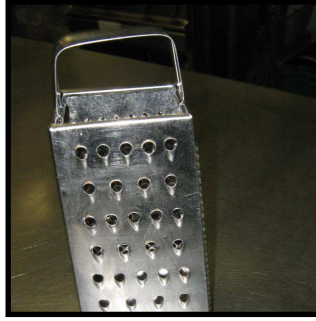
Macaroni and Cheese



Utensils



Bowl



Grater



Pan



Scales



Colander



Wooden Spoon



Teaspoon

Ingredients



150g Macaroni



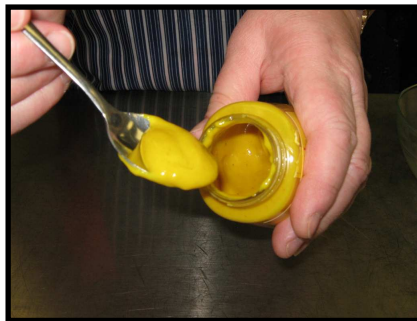
30g Margarine



375ml semi skimmed milk



100g grated cheddar cheese



$\frac{1}{2}$ teaspoon English Mustard



30g Plain Flour



Salt and Pepper

Method.



Weigh 150g Macaroni.



Boil 1 pint of water with
 $\frac{1}{2}$ teaspoon salt.



Cook macaroni in boiling
water until soft.



Pour macaroni into colander.



This drains away the water.



Put cooked macaroni in bowl.



Melt margarine in pan.



When the margarine is melted.



Add flour.



Stir for 2 minutes.



Slowly stir in milk.



Bring sauce to boil, stirring all the time.



Add ½ teaspoon mustard.



Add 50g cheese.



Add a little salt and pepper.



Add cooked macaroni.



Stir macaroni into sauce.



Pour into dish.



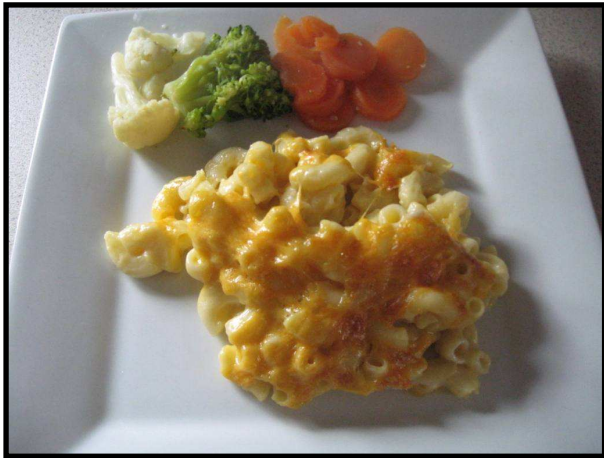
Sprinkle cheese on macaroni.



Put cheese over macaroni.



Put dish of macaroni under grill for 2 minutes.



Serve with vegetables.

Produced by Donna Dawson, Accessible Information Officer,
Equally Well Team, NHS Grampian.
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confidence to cook

