

Macaroni Cheese

Ingredients:

6 Cups of ORGRAN Rice & Corn Macaroni
1 large Onion diced
2 cups Tasty Cheese – grated
90g ORGRAN Plain Flour
60g Olive Margarine
2 cups Milk
½ cup of freshly chopped Parsley
1 Bay Leaf
Salt and Pepper to taste



Method:

1. Preheat oven on low setting and put in large oven proof dish
2. Place macaroni, onion and bay leaf in large saucepan of boiling water with pinch of salt.
3. Stir gently now and again with wooden spoon, until cooked (6-8 minutes).
4. Drain the water off into a bowl (and keep), put macaroni in the warmed dish cover and keep warm in oven.
To make white cheese sauce:
 1. Melt margarine in pan on low heat stirring with wooden spoon.
 2. Add flour stirring all the time so there are no lumps.
 3. Add the milk, stirring to smooth mixture. If it is too thick, add a little of the water you set aside from the macaroni (throw remainder away) stirring all the time.
 4. Add 2/3 of the cheese stirring constantly.
 5. Add 2/3 of the parsley and stir.
 6. Add the sauce to the macaroni, sprinkle remainder of cheese on top and put under grill until brown.
 7. Garnish with remaining parsley. Serve hot.

Serves 4.