

# Homemade Mac & Cheese

## STEP 1: GATHER & MEASURE THE INGREDIENTS

ELBOW  
MACARONI



### Ingredients

- 8 oz elbow macaroni
- 2 TBS butter
- 2 TBS all-purpose flour
- 1/2 tsp sea salt
- 1/4 tsp garlic powder
- 1 cup whole milk
- 2 cups shredded cheddar cheese



FLOUR



SALT



## STEP 2: COOK THE MACARONI

Cook the macaroni according to the package instructions. Be sure to add 1/4 to 1/2 tsp salt to the boiling water. It may seem like an insignificant step, but it makes a huge difference in the overall taste of this easy homemade



mac and cheese (or any pasta dish for that matter)!

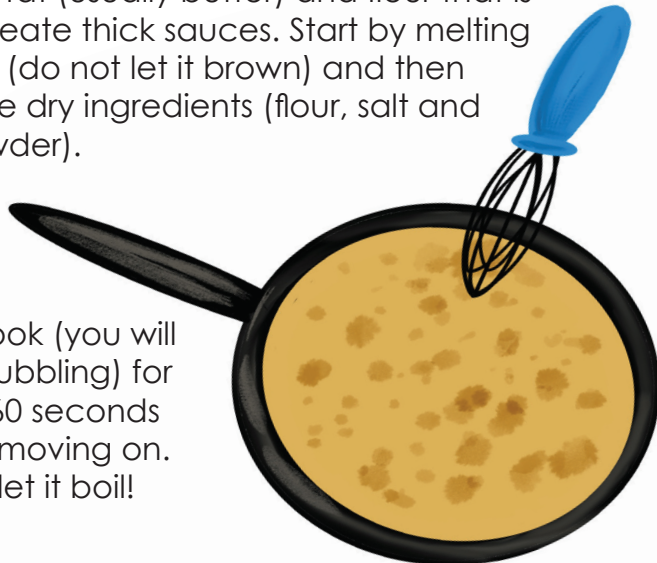


## STEP 3: MAKE THE CHEESE SAUCE

While the macaroni is cooking, make the cheese sauce! It's really easy but there are a few notes that we'll go over to ensure your success!

### MAKE A ROUX

This homemade mac and cheese sauce starts with a roux. What is a roux? It's a mixture of fat (usually butter) and flour that is used to create thick sauces. Start by melting the butter (do not let it brown) and then adding the dry ingredients (flour, salt and garlic powder).



Let it cook (you will see it bubbling) for about 60 seconds before moving on. Do not let it boil!

## STEP :4 ADD WET INGREDIENTS

After the roux has cooked for 60 seconds, add the milk and whisk the mixture really well. Cook over medium heat whisking every 10-15 seconds until the sauce starts to thicken. Do NOT let this mixture boil!

## ADD THE CHEESE & WHISK

Add the cheese and whisk until the sauce is smooth and all the cheese is melted. This will take 1-2 minutes over low heat!



eat & enjoy