



## INGREDIENTS:

- 1 Cup Macaroni
- 4 Tablespoons Butter
- 4 Tablespoons Flour
- 1 Cup Milk
- 1 Cup Cream
- 1/2 Teaspoon Salt
- Fresh Ground Black Pepper, to Taste
- 2 Cups Cheddar Cheese, Shredded Good Quality
- 1/2 Cup Bread crumbs, Buttered

## DIRECTIONS:

1. Preheat oven to 400°F.
  2. Cook and drain macaroni according to package directions; set aside.
  3. In a large saucepan melt butter.
  4. Add flour mixed with salt and pepper, using a whisk to stir until well blended.
  5. Pour milk and cream in gradually; stirring constantly.
  6. Bring to boiling point and boil 2 minutes (stirring constantly).
  7. Reduce heat and cook (stirring constantly) 10 minutes.
  8. Add shredded cheddar little by little and simmer an additional 5 minutes, or until cheese melts.
  9. Turn off flame.
  10. Add macaroni to the saucepan and toss to coat with the cheese sauce.
  11. Transfer macaroni to a buttered baking dish.
  12. Sprinkle with bread crumbs.
  13. Bake 20 minutes until the top is golden brown.
- (You can also freeze this recipe in zip-lock bags for later use - once you have mixed the macaroni along with the cheese sauce allow to cool to room temperature before adding to your freezer. I generally pull it out the night before and allow macaroni and cheese to reach room temperature; I then add the macaroni and cheese to a buttered baking dish, sprinkle with bread crumbs and then bake for 20 to 30 minutes, until golden brown on top and bubbling.)