



Mac & Cheese Simplified.

Bechamel (white sauce)

Ingredients

INGREDIENT	AMOUNT
Milk	1 Gal
Butter	½ lb
Flour	8oz
Onion	½ cup
Bay leaf	2 ea
Nutmeg	¼ tsp
Salt & White Pepper	To Taste



Method

- *In a Large sauce pan, sauté onions in butter until translucent.*
- *Add flour (to consistence of wet sand) and reduce heat. Cook another 5 minutes stirring almost constantly (making a roux)*
- *In a second pot “scald” milk*
- *Slowly whisk scalded milk into roux.*
- *Stirring constantly bring to a boil, then reduce heat to a Low simmer*
- *Add nutmeg and adjust season*
- *Continue to cook on a Low simmer for approximately 30 minutes*
- *Strain (through a fine mesh strainer or cheese cloth and serve*



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Mac & Cheese Mix'in Ideas

Here are some suggestions of cheeses and mix-in's so you can develop your own cheezy concoction!

Mix'in's

CHOOSE YOUR CHEESE(S)

- American
- Blue Cheese
- Brie
- Cheddar
- Goat Cheese
- Fresh Mozzarella
- Manchego
- Parmesan
- Pepper Jack
- Swiss

CHOOSE YOUR MIX'INS

Meats:

- Hot Dogs
- Cajun Sausage
- Seasoned Angus Beef
- Applewood Bacon
- Grilled Chicken

Veggies:

- Shiitake Mushrooms
- Spinach with Garlic
- Roasted Tomatoes
- Roasted Garlic
- Broccoli
- Kalamata Olives
- Scallions
- Roasted Garden Medley

Herbs:

- Fresh Basil
- Fresh Cilantro
- Fresh Parsley
- Oregano

Misc:

- Figs
- Buffalo Sauce
- BBQ Sauce