



# Macaroni & Cheese

Recipe Guide  
with One Blonde Chef

Thank you so much for being a part of our virtual cooking experience!

I hope you LOVE your finished product!

This is a super basic, tried & true recipe, but of course you can make it your own! In the first few pages of this guide, check out how you can personalize this for yourself to turn this same recipe concept into your new signature dish!

Cheers, Gillian  
Aka One Blonde Chef



# The Pasta

Change up the look and feel of this dish with different styles of pasta!

Remember, with the cheesy style of this sauce, it's best paired with short pasta varieties.



MACARONI



PENNE



FARFALLE

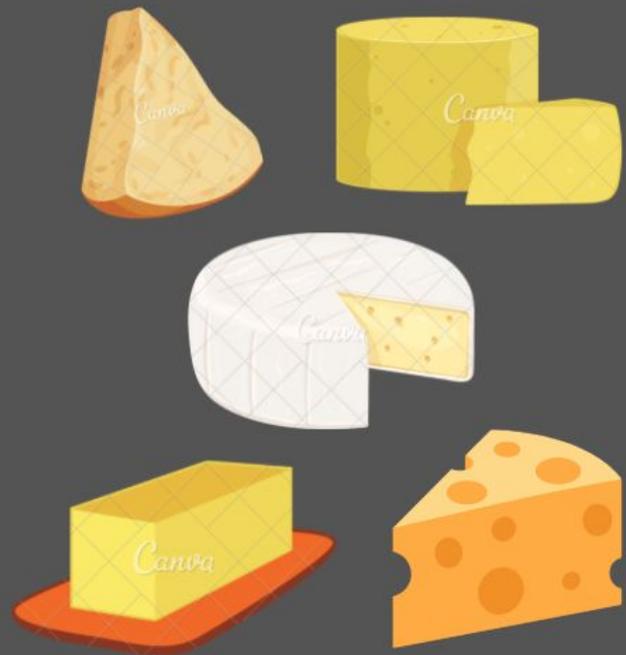


FUSILLI

# The Cheese

Ultimately, you can use pretty much any cheese that melts! This recipe calls for 2.5 cups of cheese for the sauce, and what I love is that you can use a serious combo, so when you have a bunch of scraps in your fridge you can use them up, or you can focus on using a single cheese that you really love.

Old Cheddar seems to do it for me, but I also love a nice gruyere, a nutty oka or even a tablespoon or two of a herb & garlic cream cheese (and then I cut down the grated cheese to 2 cups!)

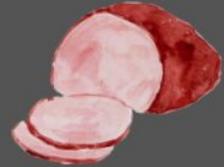


# The Add-Ins

The Add-Ins are endless! Add these in after you mix your pasta into the sauce so they also get coated in the cheesy sauce, too!

Get creative with these. Some require a quick cook before such as bacon or caramelized onions, while other add-ins like peas or sundried tomatoes are better to put in and cook in the oven!

Also consider other spices or even some jalapenos for a really nice added flavour component!



# The Toppings

The toppings are also endless!  
Our recipe featured a panko/breadcrumb topping,  
with parmesan cheese and fresh parsley.

So why not try to combine a few like we did today?

Fresh herbs, fresh tomatoes, additional grated cheese,  
etc. At this stage, think about some of the flavours  
you've put into the dish, and then choose a really  
complimentary topping to finish this baby off!



# The Ingredients

## For the Pasta:

- 12 cups water
- 3 - 4 tbsp of kosher salt
- 4 cups dried macaroni
- 2 tbsp olive oil
- (Optional) 1 clove garlic, pressed or minced

SAVE 1 Cup Pasta Water

## For the Sauce:

- 3 tbsp butter
- 3 tbsp all-purpose flour
- 1- 2 clove(s) garlic, pressed or minced
- 2 - 3 cups 2% milk
- 1 tbsp dijon mustard
- 1 tsp paprika
- 1 tsp onion powder
- 2 1/2 cups shredded aged cheddar cheese
- Salt & Pepper to taste
- + Up to 1 cup of pasta water

## For the Toppings:

- 1 cup panko breadcrumbs
- OPTIONAL: ½ cup grated parmesan cheese
- 3 tbsp fresh parsley, finely chopped
- 2 tbsp melted butter
- 1 clove garlic, pressed or minced
- ½ tsp dried red chili
- Salt & Pepper to taste
- OPTIONAL: Sliced Tomato or cherry tomatoes

# Directions

1. Combine water & salt and get your water boiling! When your water is boiling, add in your pasta and cook for the recommended cooking time, until perfectly al dente!
2. Next, get your sauce ingredients measured and ready, including, grating all of that cheese!
3. Once your pasta is cooked, remove 1 cup of pasta water and set aside. Then, drain your pasta in a strainer. While your pasta is in the strainer, drizzle with olive oil & garlic. Toss, and set aside.
4. In the same pan, over medium heat, add in butter, garlic & flour. Whisk to combine for about 90 seconds. Then, start adding in your milk (½ cup at a time) until you reach about 2 cups of milk. Allow your sauce to have a few minutes to bubble and combine to the perfect consistency.
5. Add in ½ cup of the pasta water, dijon mustard and any seasonings. Whisk to combine.
6. Add cheese and stir until combined. Remove from heat, and add in your pasta. Toss all the pasta in the sauce, and set aside!
7. Now, turn on your oven to preheat to 375°F.
8. Finally, create your topping by combining all of the ingredients in a small bowl.
9. Portion out your Mac & Cheese mixture into your baking dish(es) & top with your panko mixture!
10. Bake for about 25-minutes until warmed through the middle, and slightly crunchy on top!

OBC TIP: Save the topping until you're ready to bake! This topping can stay in the fridge or freezer until you're ready to use! Baking from the fridge, you'll likely need closer to 45 minutes, and if you're cooking from frozen it will likely take close to 1.5 hours! From frozen, you'll want to cook covered in foil for the first hour, add the topping and then finish baking uncovered for about 30 minutes!



**THANK YOU!**

---

It's my passion & pleasure to help! Please feel free to reach out to me at any time!

Cheers, Gillian,  
AKA, One Blonde Chef

*Let's Stay in Touch!*



[www.oneblondechef.com](http://www.oneblondechef.com)



[instagram.com/oneblondechef](https://www.instagram.com/oneblondechef)



[facebook.com/oneblondechef](https://www.facebook.com/oneblondechef)



[linkedin.com/gandersonobc](https://www.linkedin.com/gandersonobc)



[twitter.com/oneblondechef](https://twitter.com/oneblondechef)



[oneblondechef@gmail.com](mailto:oneblondechef@gmail.com)