

Organic Test Kitchen .com - Recipe *from the Blog entry:*

“Naturally Delicious Macaroni and Cheese” Page 1 of 3

Checklist/Shopping List of Ingredients (use organic wherever possible)

5 slices of good white or wheat bread

6 Tablespoons of unsalted butter

½ Pound of Macaroni (I like elbows with ridges as these tend to hold more of the cheese sauce).

12 ounces of good quality cheese (it's suggested that you use Monterey Jack, Sharp Cheddar or American). Grated.

2 large eggs

¼ teaspoon of ground black pepper

2 teaspoons of sea salt

1 teaspoon of dry mustard

12 ounces of evaporated milk

¼ teaspoon of hot red pepper sauce (don't worry you won't taste the heat in the final product)

Preliminary (The Bread Crumbs)

Remove the crust from 5 slices of bread and put the centers into a food processor (one of those small ones...don't own one? Please buy one). Chop up until the bread becomes crumbs.

Take 2 tablespoons of unsalted butter and melt in a medium frying pan. When the foam subsides add the bread and toss until golden brown. This should take 5-10 minutes (be careful not to burn!). Put the breadcrumbs in a bowl and set aside (you'll be topping your Mac & Cheese with this when it is ready).

Organic Test Kitchen .com - Recipe *from the Blog entry:*

“Naturally Delicious Macaroni and Cheese” Page 2 of 3

The Main Event (The Mac & Cheese)

Step #1

Fill a large saucepan with about 2 quarts of water and add a rounded teaspoon of sea salt. Cover and put on high heat to bring to a boil.

Measure out $\frac{1}{4}$ teaspoon of dry mustard into a small cup and add 1 teaspoon of water. Stir and dissolve.

Grate the 12 ounces of cheese. Place in a bowl and set aside

Take a medium bowl add the following, mix by hand and set aside:

2 Large Eggs

1 Cup of Evaporated Milk

The dry mustard/water mixture previously prepared

$\frac{1}{4}$ teaspoon of hot red pepper sauce

$\frac{1}{2}$ teaspoon of sea salt

$\frac{1}{4}$ teaspoon of ground black pepper

Step #2

Add the Macaroni to the now boiling water. Remove and drain when the Macaroni is cooked but on the al dente “firm to the tooth” side. You do not want this to be overcooked .

Step #3

When the Macaroni is done drain and return it to the saucepan.

Add 4 tablespoons of unsalted butter

Put on a low heat

Mix until all the butter has melted

Organic Test Kitchen .com - Recipe *from the Blog entry:*

“Naturally Delicious Macaroni and Cheese” Page 3 of 3

Step #4

Add $\frac{3}{4}$ of the milk & egg mixture in the medium bowl along with the $\frac{1}{2}$ of the grated cheese to the macaroni.

Mix together until all the cheese has melted.

Add the remaining milk & egg mixture and the remaining cheese

Mix until creamy. This usually take anywhere from 4-6 minutes. It takes this long to develop some body.

Step #5

Serve immediately “a la minute” as the French say (a term referring serving from the pan to the dish right away).

Sprinkle on the bread crumbs.

Wishing you and your family the best. Enjoy the wonderful taste of natural food. If it works better for your schedule do much of the prep work the night before so you're ready to go.

Enjoy and live naturally!