

OUR RECIPE

Ham and cheese macaroni (Serves a family 4-5)

INGREDIENTS

Macaroni 283 gr or 10 oz

For the white sauce

Margarine 127 gr or 4½ oz

Onion chopped 57 gr or 2 oz

Flour 127 gr or 4½ oz

Milk 1350 ml or 2 pt 5 fl oz

Mustard powder 1 tspn

Cheese (grated) 283 gr or 10 oz

Chopped Ham/Gammon 212 gr or 7 ½ oz



METHOD

1. Melt margarine, add chopped onion.
2. Stir in flour and cook gently together.
3. Stir in milk gradually and cook until thickened.
4. Add the mustard powder, 227gr/ 9oz of cheese and ham/gammon to the sauce.
5. Cook macaroni as per instructions on packet.
6. Mix with the sauce and season well.
7. Put into tin and sprinkle with rest of cheese.
8. Brown in a hot oven on gas mark 5/190 degrees until golden.