

Chef Wade's Macaroni and Cheese

Ingredients: Yield: 4 servings	Amount:
Dry pasta	2 cups
Milk	1 cup
Flour	2 tbsp
Butter	2 tbsp
Cauliflower/yam	½ head
Grated cheese	1 cup
Nutmeg, ground	¼ tsp
Salt	1 tsp
White pepper	1 tsp
Supplies:	
1) Large pot for cooking pasta 2) Heavy bottom saucepan for cheese sauce 3) Steamer or roasting pan 4) Casserole pan (greased) 5) Hand blender 6) Food mill or food processor for puree 7) Wooden spoon 8) Cheese grater	
Method:	
1) Clean, steam or bake cauliflower and/or yam, puree and cool. 2) Cook pasta in salted water al dente and strain, toss with oil and cool on baking sheet. 3) In a medium (at least 2 litre capacity) heavy bottom saucepan, melt butter and wait until it foams then add the flour. 4) Cook until flour bubbles around the edges and starts to colour slightly - when cooked it should look and smell like shortbread. 5) Whisk in your milk a bit at a time, whisking constantly to avoid lumps until smooth. Bring the sauce to a simmer while stirring constantly until it bubbles. 6) Add salt, pepper, nutmeg and cheese, then once cheese is melted add the cauliflower puree. 7) Mix with cooked chilled macaroni and tray on a greased casserole pan. 8) Sprinkle any remaining cheese on top. 9) Bake covered at 325°F for 20 min. or until hot through and cheese has melted. 10) Remove cover and bake for another 5 to 10 min. or use broiler until cheese browns.	
Please note: You can make this recipe in advance and store in the fridge overnight before you bake it. Once ready, just place in the oven 30 min. prior to desired consumption.	
Tip: Shake a little bread crumb around the inside of the greased casserole for those crispy, crunchy, chewy sides.	
<p><i>We would like to thank the Skwxwú7mesh Nation, upon whose unceded traditional territory Cheakamus Centre resides. We value the opportunity to welcome others to learn, gather and share in nature on this traditional territory.</i></p>	