



Cheese Pasta



4 servings



35 minutes

INGREDIENTS

100g macaroni (or other pasta shapes

pre-cooked at home)

100g Cheddar cheese

25g soft margarine

25g plain flour

300ml semi-skimmed milk

Optional: two spring onions, tomato, chopped cooked ham, or cooked bacon.

Sweetcorn and small tin of tuna.

EQUIPMENT

- Small saucepan
- Grater
- White plastic spoon
- Lined baking tray
- Oven proof dish (from home)

Food Science: **Gelatinisation** - the thickening of a mixture, in the presence of heat, due to the swelling of starch grains. **Skills** : All in one method, grating, boiling, baking

TIMEPLAN

1	Pre heat oven to 180 °C. Grate cheese. Measure milk, butter and flour	Be careful when using a grater, hold at the top.
2	Put butter, flour and milk in pan, heat gently on a low heat and STIR CONTINUOUSLY	Be careful when using the hob, do not leave your pan unattended
3	When the sauce thickens remove from heat	
4	Stir in $\frac{3}{4}$ of the grated cheese. Stir in the cooked pasta and other ingredients	
5	Pour into oven proof dish. Sprinkle on $\frac{1}{4}$ of the cheese	Be careful as the cheese pasta will be hot
6	Bake for 10 minutes, or 25 minutes from cold.	Use oven gloves when putting food in and out of the oven



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