

Classic Creamy Mac & Cheese

Date Printed: 05/14/20

Recipe ID: 89732

Found in: Vegetarian Entrée, Starches, HACCP Process 2, HACCP Process 3

Created by: Michael Ray

Created at: SAGE House #S0900

Contains

Wheat (W), Gluten (G), Milk (Mi), LM-Egg (LM-E), LM-Soy (LM-So)

Eating Patterns

Vegetarian (V)

Information

Dot Color:	Yellow	Yield:	1.875 lb
Portion Size:	3 oz	Number of Portions:	10
Prep Time:	0h 10m		
Cook Time:	0h 00m		
Primary Cooking Method:	Simmer		

Ingredient	Allergen(s)	Amount
Elbow Macaroni	W, G, LM-E	6 3/4 oz
all-purpose flour	W, G	1/2 oz
salted butter	Mi	1/2 oz
2% milk	Mi	7 Tbs, 1 tsp
heavy whipping cream	Mi	7 Tbs, 1 tsp
shredded cheddar cheese	Mi	6 3/4 oz
salt		1/4 tsp
ground white pepper		1/4 tsp
pan spray	LM-So	

Methods

1. Cook pasta according to recipe directions until al dente. Drain. Set aside.
2. Combine flour and butter to make a roux. Add milk and cream, stir until thickens.
3. Add cheese; stir until cheese is melted.
4. Add pasta; mix well. Season with salt and pepper. Spray serving vessel with non stick cooking spray. Serve immediately or hold warm at proper temperature until ready to serve.

Elbow Macaroni

Date Printed: 05/14/20

Recipe ID: 200042

Found in: Starches, HACCP Process 2, HACCP Process 3

Created by: Sarah Wechsler

Created at: SAGE House #S0900

Contains

Wheat (W), Gluten (G), LM-Egg (LM-E)

Eating Patterns

Vegetarian (V), LM-Vegan (LM-V+), Performace Spotlight (Starch)

Information

Dot Color:	Yellow	Yield:	13.59035 Tbs
Portion Size:	1/2 cup (4 oz)	Number of Portions:	1
Prep Time:	0h 10m		
Cook Time:	0h 00m		
Primary Cooking Method:	Boil		

Ingredient	Allergen(s)	Amount
water		
salt		1/2 tsp
dry macaroni pasta	W, G, LM-E	2 3/4 oz
optional: vegetable oil		

Methods

1. Bring water to a rapid boil. Add salt; then add pasta while stirring. Return to a boil and cook at a fast boil until pasta is al dente, about 5-8 minutes.
2. Strain pasta and serve/use immediately or cool properly. OPTIONAL: add vegetable oil to keep from sticking together if appropriate for future recipe use.