

Gord's Macaroni and Cheese

1 package pasta (454g)
¼ cup butter or margarine
¼ cup all-purpose flour
1 teaspoon Worcestershire sauce
1 litre milk
1 tablespoon Dijon mustard
Pinch of grated nutmeg
1 block of cheddar (or a mix of cheddar and swiss or Jarlsberg)
Grated parmesan
Freshly ground pepper

Set the oven to 400°F.

Grease your casserole dish and set it aside.

Set a large pot of cold water onto the stove to boil.

In a small saucepan, melt the butter over medium-low heat. When the butter has melted, add the flour to make a roux (pronounced "roo"). Be sure to cook the roux for a few minutes to cook out the flour. When the roux is cooked, add the Worcestershire sauce and whisk thoroughly. Gradually add the milk into the roux, whisking slowly and carefully to avoid splatter.

When the water has come to a boil, add a generous pinch of salt and then add the pasta. Cook the pasta just shy of the recommended time on the package. (The pasta will finish cooking in the oven.)

While the sauce is heating through and thickening (be sure to stir it occasionally to prevent it from sticking and/or burning), cube the cheese. When the sauce is ready (and at the desired consistency), add the mustard and nutmeg. Remove the sauce from the heat and set aside.

With the pasta ready, drain it (do not rinse) and add the cooked pasta to your prepared casserole dish. Add the cubes of cheese to the pasta and combine thoroughly, making sure that the cheese is distributed evenly throughout the pasta. Now add the finished sauce (you may have to thin the sauce down with some more milk if it gets too thick). Combine the cheese, pasta and sauce to make sure everything is coated. Sprinkle with grated parmesan and freshly ground pepper.

Bake in the oven for 10-15 minutes. After this time, turn the broiler on for about 5-7 minutes or until you get the desired golden brown crust on top. Remove from the oven and set aside to cool for 5-7 minutes. Serve with a sprinkle of salt. Enjoy!