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| Food Studies 9 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  WVSS Block\_\_\_\_\_\_\_\_  Page #\_\_\_\_\_\_\_ |

MACARONI & CHEESE

(recipe for 4)

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| Pasta Ingredients: 375 mL uncooked macaroni  15 mL oil  5 mL salt  **Sauce Ingredients:**  60 mL margarine  60 mL flour  f.g. salt and pepper  500 mL 1% milk  375 mL, grated, cheese  10 mL margarine  50 mL bread crumbs | **Method:**   1. Pre heat oven to 375º F & grease baking dish 2. Fill a **large** pot with water. Add oil to prevent the pasta from sticking and salt for taste. Cover. Bring to boil on high heat. Once the water is boiling, remove the lid and gently add the pasta. Stir the pasta often, but not constantly with a wooden spoon. DO NOT COVER during cooking. If the pasta starts to boil over, reduce the heat slightly. 3. Cook for 8 minutes. Using oven mitts, drain cooked pasta in COLANDER in the sink. Do not rinse the pasta.   **Method:**   1. Melt 60 mL margarine in a saucepan on **low heat.** 2. Whisk in flour to form a smooth paste (roux). 3. Gradually, add 500 mL milk, stirring constantly with a whisk. 4. Continue stirring until sauce thickens (starts boiling). 5. Add the grated cheese, stirring until cheese is melted. Turn off heat. 6. Add cooked macaroni to the cheese sauce and mix. 7. Turn into a greased uncovered casserole dish. 8. Melt 10 mL margarine placed in a custard cup in microwave oven (about 20 seconds) 9. Mix 50 mL bread crumbs into melted margarine. 10. With a small spoon, sprinkle mixture on top of macaroni & cheese 11. Bake at 375º F for 15 minutes. 12. Cool for 5 minutes & serve. |

LAB REVIEW for MACARONI and CHEESE

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| **Cookery Principle:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Product Standard:**  Sauce:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Pasta:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Nutrition:Milk & Cheese:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pasta:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

## Questions:

1. Suggest two alternative uses for cheese sauce other than as a sauce over pasta.

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1. Several shapes of pasta are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Three types of cheese that could be used in this sauce are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Suggest two other toppings you could use for the macaroni and cheese: \_\_\_\_\_\_\_\_\_

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1. Given the ratio of flour to liquid in this recipe, will the final consistency of the sauce be thin, medium or thick? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Different pastas have different cooking times and the only test for doneness is to taste a piece to see if it is “al dente”. Describe “al dente”: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Why should you not rinse the cooked pasta in this recipe? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Pasta doubles in size when cooked, so the recipe’s 375 mL of uncooked pasta increases in volume to 750 mL when cooked. How many servings of “grain products” are in ¼ of this recipe? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Approximately how many servings of “milk and alternatives” are in ¼ of the milk and cheese in this recipe?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. After adding steamed carrots with chives or sautéed tomatoes and basil to the macaroni and cheese meal, which food group is still missing? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_