**Macaroni and Cheese**

15 mL margarine

15 mL flour

1 mL salt

1 mL mustard powder

Sprinkle cayenne

125 mL milk

pinch pepper

1 block cheddar cheese, grated

250 mL macaroni

15 mL parmesan

1. Fill a medium pot half full of water. Turn heat to high and bring to a boil. Add macaroni and turn heat to 7. Cook for 8-10 minutes until macaroni is al dente.
2. Meanwhile, in a small pot melt margarine. Add flour, stir well. Cook for 1 minute.
3. **Very, very slowly** add small amounts of milk stirring well after each addition. Bring to a boil and turn heat to 1.
4. Add salt mustard, cayenne and pepper.
5. Grate cheese and add to sauce. Stir until cheese is melted, remove from heat.
6. Drain water from the macaroni. Pour macaroni into a casserole dish. Pour sauce in and stir to combine. Sprinkle with parmesan.
7. Bake uncovered for 15 minutes.

Challenge:

One of your ingredients will be "unavailable". Suggest three alternatives and any other changes that may need to be made to accommodate the alternative.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What would you add to this to make it even better? If it is available you will be allowed to add it…..

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_