

## MAC AND CHEESE



### From the Sensenig's Recipe Book

#### Ingredients

4 tablespoons butter, plus 2 tablespoons, plus 1 tablespoon  
4 tablespoons flour  
2 cups half and half  
3/4 teaspoon salt  
1/4 teaspoon ground white pepper  
1/4 teaspoon Hot Sauce  
4 ounces grated Parmigiano-Reggiano, or other good-quality  
parmesan cheese (about 1 cups)  
1 pound elbow macaroni  
1/2 teaspoon minced garlic  
4 ounces grated cheddar cheese  
4 ounces grated fontina cheese  
4 ounces grated gruyere cheese  
1/4 cup fresh bread crumbs  
1/2 teaspoon Creole Seasoning

#### Preparation

In a heavy, medium saucepan melt 4 tablespoons of the butter over low heat add minced garlic and sauté a few minutes over low heat, make sure you don't brown the butter. Add the flour and stir to combine. Cook, stirring constantly, for 3 minutes. Increase the heat to medium and whisk in the half and half little by little. Cook until thickened, about 4 to 5 minutes, stirring frequently. Remove from the heat, season with the salt, pepper, hot sauce and the cheese. Stir until cheese is melted and sauce is smooth. Cover and set aside.

Preheat the oven to 350 degrees F.

Fill a large pot with water and bring to a boil over high heat. Add salt to taste and, while stirring, add the macaroni. Return to a boil, reduce the heat to a low boil and cook for about 5 minutes, or until macaroni is very al dente (slightly undercooked) Drain in a colander and return the macaroni to the pot. Add 2 tablespoons of the butter and stir to combine. Add the cheese sauce and stir until well combined. Set aside.

Using the remaining tablespoon of butter, grease a 3-quart baking dish or casserole and set aside.

In a large bowl toss the cheese mixture and macaroni to combine.

Place in the prepared baking dish. In a small bowl combine the bread crumbs, remaining 1/2 ounce of grated parmesan, and the Essence and toss to combine. Sprinkle this over the top of the macaroni and cheese. I prefer to substitute grated parmesan cheese for the bread crumbs.

Bake for 40 to 45 minutes, or until the macaroni and cheese is bubbly and hot and the top is golden brown. Remove from the oven and allow to sit for 5 minutes before serving.

#### Notes:

I vary the cheese, I like smode gruyere, and often do not use cheddar because it gets a little greasy

#### Source:

Emeril

