



Best ever macaroni cheese with crunch crumb

READY IN



100 min.

SERVINGS



5

CALORIES



1168 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves fresh
- ☐ 1 large leek washed and roughly chopped
- ☐ 1.2 l milk
- ☐ 100 g butter salted
- ☐ 100 g flour plain
- ☐ 1 tsp dijon mustard english
- ☐ 280 g extra sharp cheddar cheese grated
- ☐ 50 g parmesan finely grated
- ☐ 450 g .5 oz. macaroni

- ☐ 6 spring onion finely chopped
- ☐ 70 g pancetta
- ☐ 2 bread white thick cubed
- ☐ 5 servings olive oil for drizzling

Equipment

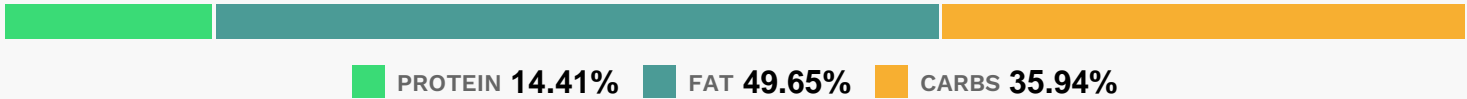
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Put the bay leaves, leek and milk in a pan, and gently heat until steaming but just below boiling point. Take off the heat and set aside to infuse for 1 hr.
- ☐ Drain the milk and discard the leek and bay. Wipe out the pan, then add the butter, flour and mustard powder.
- ☐ Heat, stirring, until the butter has melted, then cook to a paste for 1 min. Splash in some milk gradually and stir until smooth and completely incorporated.
- ☐ Add the rest of the milk, a little at a time at first, then gradually add more as the mixture gets saucy. (If you get any lumps, give it a vigorous whisk to remove them.)
- ☐ Heat, stirring all the time and scraping the bottom of the pan so it doesn't catch, until the sauce is bubbling and nicely thickened.
- ☐ Remove from the heat and stir in 200g of the cheddar and 25g of the parmesan. Season really well keep tasting, as it will need a generous amount of salt.
- ☐ Cook the macaroni following pack instructions, until it is almost tender but still has a bit of chew to it.
- ☐ Drain well, then stir into the cheese sauce with three-quarters of the spring onions.
- ☐ Scrape into a large ovenproof dish or several individual ones.
- ☐ Scatter the remaining cheddar over the macaroni, then alternate between draping over pancetta slices (bunching them up a bit) and scattering with the bread cubes and remaining spring onions. (If you keep swapping between ingredients you'll get a nice mix of everything on the top.)

- ☐ Sprinkle with the remaining parmesan and add a very little drizzle of oil holding your thumb over the bottle so just a trickle comes out. Can now be cooled, covered and chilled for up to 1 day, or frozen for up to 1 month.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Bake for 40 mins until bubbling, and crunchy and golden on top (if using individual dishes, check after 30 mins).

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:15.29, Inflammation Score:-9, Nutrition Score:34.431739195533%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 1167.85kcal (58.39%), Fat: 64.41g (99.09%), Saturated Fat: 29.85g (186.59%), Carbohydrates: 104.9g (34.97%), Net Carbohydrates: 100.33g (36.48%), Sugar: 16.65g (18.5%), Cholesterol: 134.19mg (44.73%), Sodium: 1010.17mg (43.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.06g (84.12%), Selenium: 94.25µg (134.64%), Calcium: 864.35mg (86.43%), Phosphorus: 788.84mg (78.88%), Manganese: 1.25mg (62.49%), Vitamin B2: 0.94mg (55.25%), Vitamin K: 50.69µg (48.28%), Vitamin A: 1831.38IU (36.63%), Zinc: 5.27mg (35.11%), Vitamin B12: 2.09µg (34.77%), Vitamin B1: 0.46mg (30.39%), Magnesium: 112.54mg (28.13%), Folate: 108.03µg (27.01%), Vitamin E: 3.43mg (22.86%), Vitamin B3: 4.33mg (21.66%), Potassium: 730.03mg (20.86%), Iron: 3.46mg (19.25%), Copper: 0.38mg (19.04%), Vitamin B6: 0.38mg (18.83%), Vitamin B5: 1.83mg (18.32%), Fiber: 4.57g (18.29%), Vitamin C: 5.36mg (6.5%), Vitamin D: 0.44µg (2.95%)