



Chef John's Macaroni and Cheese

READY IN



55 min.

SERVINGS



6

CALORIES



642 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter melted
- 0.3 teaspoon cayenne pepper
- 1 teaspoon dijon mustard
- 0.3 teaspoon thyme leaves dried
- 16 ounce elbow macaroni
- 0.3 cup flour all-purpose
- 1 pinch ground nutmeg
- 3 cups milk
- 0.5 cup panko bread crumbs

- 1 teaspoon salt
- 3 cups sharp cheddar cheese shredded divided
- 0.1 teaspoon pepper white
- 0.3 teaspoon worcestershire sauce

Equipment

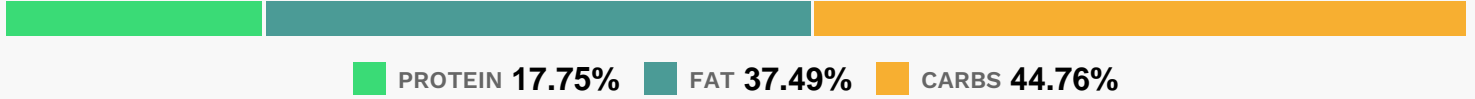
- bowl
- sauce pan
- oven
- whisk
- pot
- casserole dish

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta is cooked through but still slightly firm, about 8 minutes.
- Drain well.
- Melt 1/4 cup butter in a large saucepan over medium heat. When the butter starts to foam and bubble, stir in the flour; cook on medium heat until flour just begins to turn pale yellow, 3 to 4 minutes.
- Add thyme, cayenne pepper, and white pepper; cook and stir another minute, then whisk in 1 cup of milk until smooth.
- Pour in remaining milk and whisk again. Bring the sauce just to a simmer.
- Stir in nutmeg, Worcestershire sauce, and salt; simmer on medium-low heat until thickened, about 8 minutes, whisking often. Turn heat off, then add 2 1/4 cups of Cheddar cheese; stir until melted and combined.
- Add Dijon mustard.
- Transfer the macaroni into a casserole dish, then pour in the cheese sauce; stir to thoroughly combine sauce with pasta.

- Mix panko bread crumbs and 1 tablespoon melted butter in a small bowl, and sprinkle crumbs on top of macaroni and cheese.
- Sprinkle remaining 3/4 cup of Cheddar cheese on top.
- Bake in the preheated oven until bread crumbs and Cheddar cheese topping are golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:5.46, Inflammation Score:-7, Nutrition Score:21.192608901988%

Nutrients (% of daily need)

Calories: 641.71kcal (32.09%), Fat: 26.57g (40.88%), Saturated Fat: 14.64g (91.52%), Carbohydrates: 71.38g (23.79%), Net Carbohydrates: 68.47g (24.9%), Sugar: 8.49g (9.44%), Cholesterol: 76.16mg (25.39%), Sodium: 872.19mg (37.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.63%), Selenium: 69.43µg (99.19%), Calcium: 578.24mg (57.82%), Phosphorus: 541.11mg (54.11%), Manganese: 0.8mg (40.06%), Vitamin B2: 0.51mg (30.09%), Zinc: 3.77mg (25.11%), Vitamin B12: 1.28µg (21.32%), Magnesium: 74.31mg (18.58%), Vitamin A: 859.3IU (17.19%), Vitamin B1: 0.24mg (16.33%), Copper: 0.26mg (13.14%), Potassium: 416.98mg (11.91%), Vitamin B6: 0.23mg (11.62%), Fiber: 2.9g (11.62%), Vitamin D: 1.68µg (11.21%), Vitamin B5: 1.07mg (10.7%), Vitamin B3: 2.1mg (10.5%), Folate: 40.84µg (10.21%), Iron: 1.66mg (9.2%), Vitamin E: 0.66mg (4.4%), Vitamin K: 3.1µg (2.96%)