



The Coterie Room's Sweet Onion Mac and Cheese

READY IN



60 min.

SERVINGS



4

CALORIES



844 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup canola oil divided
- ☐ 0.3 cup flour all-purpose
- ☐ 2 ounces fontina grated
- ☐ 1 teaspoon chives fresh snipped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 pound orecchiette
- ☐ 3 tablespoons parmesan freshly grated

- ☐ 0.3 cup cornstarch (substitute cornstarch)
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 large shallots thinly sliced
- ☐ 2 ounces cheddar cheese white grated
- ☐ 1 large onion diced sweet such as vidalia or maui,
- ☐ 0.5 cup butter unsalted divided (1 stick)
- ☐ 2 cups milk whole warmed

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ slotted spoon

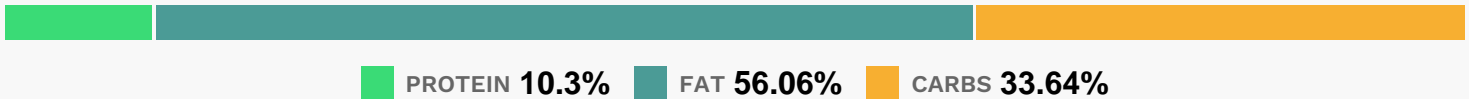
Directions

- ☐ Bring a pot of salted water to a boil over high heat. Cook the pasta until al dente.
- ☐ Drain the pasta, run it under cold water, and return it to the pot. Toss the pasta with the olive oil.
- ☐ Heat 1 tablespoon of the canola oil and 2 tablespoons of the butter in a skillet over medium heat.
- ☐ Add the onion, and toss to coat with the fat. Reduce the heat to low, cover the pan, and cook the onion for 5 minutes. Raise the heat to medium-high, sprinkle the onion with salt and pepper, and cook, uncovered, for 7 to 10 minutes, or until the onion is golden brown. Puree the onion in a food processor fitted with the steel blade or in a blender, and set aside.
- ☐ Heat the remaining butter in a saucepan over low heat. Stir in the flour and cook, stirring constantly, for 2 minutes, or until the mixture turns slightly beige, is bubbly, and appears to

have grown in volume. Increase the heat to medium, and slowly whisk in the warm milk. Bring to a boil, whisking frequently. Reduce the heat to low, and simmer the sauce, stirring occasionally, for 10 minutes or until it thickens.

- ☐ Add the cheese to the sauce by 1/2-cup measures, stirring until the cheese melts before making another addition. Stir in the onion puree, and season the sauce to taste with salt and pepper.
- ☐ While the sauce simmers, heat the remaining canola oil in a small saucepan to a temperature of 350 degrees. Coat the shallot slices with the rice flour, shaking off any excess. Fry the shallot slices for 1 to 2 minutes, or until golden brown.
- ☐ Remove the shallots from the oil with a slotted spoon, and drain on paper towels.
- ☐ To serve, stir the sauce, chives, and parsley into the pasta. Cook over low heat until the pasta is hot and coated with the sauce.
- ☐ Serve immediately, garnishing each serving with some of the fried shallots.

Nutrition Facts



Properties

Glycemic Index:93.75, Glycemic Load:25.39, Inflammation Score:-8, Nutrition Score:19.912608664969%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

Nutrients (% of daily need)

Calories: 844.33kcal (42.22%), Fat: 52.86g (81.32%), Saturated Fat: 24.39g (152.42%), Carbohydrates: 71.36g (23.79%), Net Carbohydrates: 68.22g (24.81%), Sugar: 12.38g (13.75%), Cholesterol: 108.81mg (36.27%), Sodium: 327.47mg (14.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.69%), Selenium: 49.6µg (70.85%), Phosphorus: 415.88mg (41.59%), Calcium: 412.68mg (41.27%), Manganese: 0.7mg (35.01%), Vitamin A: 1222.08IU (24.44%), Vitamin E: 3.43mg (22.84%), Vitamin B2: 0.39mg (22.69%), Vitamin B12: 1.14µg (19.01%), Zinc: 2.66mg (17.72%), Vitamin B1: 0.25mg (16.61%), Magnesium: 64.3mg (16.07%), Vitamin B6: 0.32mg (15.76%), Vitamin K: 14.71µg (14.01%), Folate: 55.68µg (13.92%), Potassium: 472.66mg (13.5%), Vitamin D: 1.96µg (13.04%), Fiber: 3.14g

(12.58%), Copper: 0.25mg (12.58%), Vitamin B5: 1.01mg (10.14%), Vitamin B3: 1.88mg (9.42%), Iron: 1.67mg (9.3%),
Vitamin C: 4.65mg (5.64%)