Kids' Lunch Box – Macaroni and Cheese

Ingredients

5oz	Elbow Macaroni
½ oz	Butter, unsalted
4 oz	Heavy Cream
2 oz	Shredded Blended Cheese (monterey jack and cheddar)
1 tsp	Spice Blend

Kitchen Tools Needed

Medium Saute Pan (nonstick if available)

Rubber Spatula / Flat Spoon

Medium stock pot with lid

Blender (if you have one)

At Home Ingredients

To taste   Kosher Salt

To taste   Fresh Ground Black Pepper

Prepare to Cook

When you receive your meal prep box, remove all items and organize on your work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for '*things in place*') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

Step 1. Cooking Pasta and Making Cheese Sauce

1. Bring a small pot of lightly salted water to boil over high heat.
2. Cook macaroni for 8 to 10 minutes until al dente
3. In a small saucepan, add cream and heat to medium.
4. When cream is warm add in cheese (reserve a little bit to garnish dish) and stir till smooth and cheese is completely melted.

Step 2. Seasoning Sauce and Draining Pasta

5. Remove cheese sauce from heat and add seasoning; thoroughly mix.
6. Once pasta is cooked, drain in colander and remove as much excess water as possible

Step 3. Plating

7. Add drained pasta to cheese sauce and stir thoroughly.
8. If sauce is to lose, cook sauce on medium heat with pasta till desired consistency and proper doneness of pasta is achieved
9. The carryover cooking of the pasta in the sauce will cook the pasta further and release starches to thicken the cheese sauce.
10. Spoon the pasta in a bowl and garnish with shredded cheese and fresh cracked black pepper.
11. Serve and enjoy!!!

Pasta Humanities

Greek Mythology

Greek mythology suggests that the Greek god Vulcan invented a device that made strings of dough – the first spaghetti!

Origins

Although popular legend claims Marco Polo introduced pasta to Italy following his exploration of the Far East in the late 13th century, pasta can be traced back as far as the 4th century B.C., where an Etruscan tomb showed a group of natives making what appears to be pasta. The Chinese were making a noodle-like food as early as 3000 B.C.
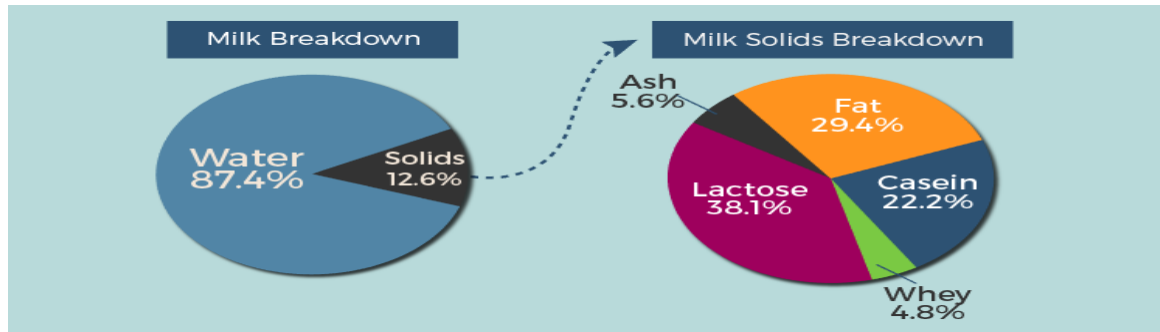
The New World

Pasta made its way to the New World through the English, who discovered it while touring Italy. Colonists brought to America the English practice of cooking noodles at least one half hour, then smothering them with cream sauce and cheese.

President Thomas Jefferson

Thomas Jefferson, the third President of the United States of America, is credited with bringing the first macaroni machine to America in 1789, when he returned home after serving as ambassador to France.

Milk Science

Milk is an emulsion of milk-fat globules in a watery environment. The watery portion of milk contains a variety of substances including lactose (milk sugar), protein (casein and whey), minerals, and certain vitamins.

Cooking Vocabulary

- **Garnish** - A garnish is an item or substance used as a decoration or embellishment accompanying a prepared food dish or drink.
- **Macaroni** - Dry pasta shaped like narrow tubes. Made with durum wheat, macaroni is commonly cut in short lengths; curved macaroni may be referred to as elbow macaroni.
- **Al Dente** - Describes pasta or rice that is cooked to be firm to the bite. It literally translates from Italian as "to the tooth". In contemporary Italian cooking, the term identifies the ideal consistency for pasta and involves a brief cooking time.
- **Carryover Cooking** - Carryover cooking is when food retains heat and continues to cook even after being removed from the source of heat.

Math thru Culinary

Your recipe is for a single serving. How much would you need of each ingredient if you wanted to make this for 4 people?

Y x Z = X (Y) is your given amount (Z) is your multiplier = (X) new serving amount

Example:

5 ounces of pasta x 4 = 20 ounces   (5*4=20)

Now using this formula, figure out the rest of your recipe.