

Macaroni and Cheese

by Hilary Bisenieks

as featured in *Trust the Process*

This is a recipe for a simple, delicious homemade macaroni and cheese with a versatile sauce. Prepared as written, it produces 2-4 servings as a main dish, or 4-6 as a side.

Jump to:

[Ingredients](#)

[Instructions](#)

[Substitutions and modifications](#)

Ingredients

- 3 Tbsp flour
 - 3 Tbsp butter
 - 1 ½ C milk
 - ½ tsp ground mustard
 - 1 tsp each: salt, cumin, red pepper flakes, garlic powder, onion powder, cracked black pepper (see recipe notes)
 - 1-2 C grated cheese (but really, 2 C)
 - 1 box rotini or other heavily-ridged pasta
-

Instructions

Prep

- Shred the cheese.
- Combine flour and spices.
- Cook and drain pasta.

Step One

Melt the butter in a double-boiler or large saucepan over medium heat. Stir in flour and spices.

Step Two

Slowly add the milk, stirring thoroughly to avoid clumping. If the sauce fails to thicken, increase the heat a bit.

Step Three

Add cheese and pasta. Stir in cheese until melted, then fold the cooked pasta into the sauce.

Serve

Generously.

Recommended substitutions and modifications

From Hilary:

- **Cheese combinations and variations.** Equal parts cheddar, swiss, and pepper jack are my favorites. You can also use whatever you have to hand.
- **Spice variations.** The spices in this recipe are my favorites, but you can use whatever you have handy. Experimentation is encouraged.

From Gailey:

- **Without dairy.** Any non-dairy milk substitute will work in this recipe; coconut milk and cashew milk will deliver an excellent rich, creamy consistency to the sauce. Vegan cheese substitutes like Daiya can replace the cheese, but be sure to select a cheese substitute that melts and can withstand heat.
- **Without gluten.** Barilla's gluten-free pasta is one of the best on the market. This sauce will also work well on mixed vegetables; consider a combination of roasted broccoli and cauliflower, or pan-fried zucchini. Bob's Red Mill gluten-free 1:1 flour blend works well to thicken sauces.
- **Scale it up.** This recipe can easily double or triple; keep in mind that cooking time for the sauce will likely increase.
- **Add crunch.** If you like a crunchy topping on your macaroni and cheese, just combine ½ C breadcrumbs or crushed potato chips with a couple of

tablespoons of melted butter and seasonings that complement the ones you used in the sauce. Put your sauced noodles in a pan, top with your crunchy topping, and bake until golden.

Don't forget: care for yourself and the people around you. Believe that the world can be better than it is now. Never give up.