



Mac & Cheese Become an American Classic

Creamy Mac & Cheese

Welcome to a dish that's a popular "comfort food" for dinner or celebrations

3-1/2 ounces shredded sharp cheddar cheese

3-1/2 ounces shredded American cheese

1-3/4 ounces shredded smoked cheddar

1 ounce (25 g) grated Pecorino Romano cheese.

2-1.2 cups whole or low-fat milk

3/4 teaspoons salt or to taste

1/8 teaspoon nutmeg

1/2 teaspoon hot sauce

1-1/2 Tablespoons butter

1-1/2 Tablespoons all-purpose flour

Noodles: 1 (8 oz.) package elbow macaroni, cooked according to package directions

1/4 to 1/2 cup butter/garlic croutons, crushed or as desired

2 Tablespoons chopped parsley or as desired

Before Starting: Combine 4 cheeses into large bowl. Set aside.

Make Cheese Sauce: In a large saucepan, warm milk in a sauce pot over medium heat. When hot, begin slowly whisking in cheeses a little at a time until combined. Whisk in salt, nutmeg, and hot sauce. Set it aside.

Make a Roux: In a separate large saucepan, stir the butter and flour; cook for about 1 minute and form a roux.

Thicken Cheese Sauce: Slowly stir the hot cheese mixture into the roux over medium heat, whisking vigorously to avoid lumps. Cook; stir over medium heat until sauce thickens to desired consistency.

Add Cheese Sauce to Pasta: Meanwhile cook Elbow Macaroni or desired pasta according to package directions until tender. Drain water from pasta; stir cheese sauce over pasta to coat.

Prepare Topping and Garnish for serving: Spoon into 9-1/2-inch cast-iron pan or baking dish. Sprinkle as desired with crushed butter/garlic crushed croutons and chopped parsley. Serve warm. Serves 4 to 6

Recipe Inspired by: Chef Kevin Sbraga & Chef Michael Routleau

About the Recipe: Everyone loves Mac & Cheese filled with tender pasta covered with creamy cheese sauce. The real secret to making the best Mac & Cheese in home kitchens is using a wonderful blend of different cheeses. It becomes this steamy hot, delectable, and creamy melting cheese that enrobes curved macaroni pasta and appeals to everyone, young and old.

How Mac & Cheese Become an American Classic

Earlier in history, macaroni and cheese became a popular dish to serve. It remained a favorite meal mainly in the South. However, the no-frills dish, which would become America's family dinner favorite was popularized and promoted as a boxed variety by Kraft in 1937 and became available in local markets as an easy, nutritious, and economical dish. The Depression and two World Wars stimulated macaroni and cheese as a budget-friendly and wholesome dinner dish to feed entire families. Making its way into children's diets, it filled school lunch trays and still today remains an ultimate comfort food in the United States for dinners and social celebrations.

Enjoy the Story Who Really Introduced Us to Mac 'n Cheese?

Curved macaroni pasta with creamy melted cheese is one of the most popular dishes in the United States. There's an interesting story about how that happened.

Pasta dishes were occasionally prepared in Italy and France for a long time, When Thomas Jefferson traveled there, he tasted these dishes and loved them. Jefferson then brought his chef James Hemings, an enslaved 19-year-old accomplished chef, to be trained among the Parisian elite, As the chef de cuisine at Jefferson's home in Paris, Hemings supervised white servants.

Back in the United States, Thomas Jefferson purchased 80 pounds of Parmesan cheese and 60 pounds of Naples-based macaroni, so the pasta dish could be created in Virginia. James Hemings then mixed a perfect balance of butter, cheese, macaroni, that

he prepared and served at lavish banquets. It was later perpetuated as a legacy by cooks across America.

Now You Know the Rest of the Story