



# THE ingles TABLE

with Dano Holcomb  
**Mac & Cheese Béchamel**

## Shopping List

- 1 lb cooked macaroni
- 1 stick unsalted butter
- 6 Tablespoons unbleached AP Flour
- 1/2 teaspoon nutmeg
- 2 teaspoons Kosher salt
- 1 teaspoon ground black pepper
- 1 lb grated cheddar cheese

## Cooking Instructions

**1)** Cook the pasta in salted boiling water. Set aside to cool while making the béchamel

**2)** In a large stainless steel pot, melt the butter over medium-high heat

**3)** Once melted, add the flour and whisk until combined and smooth. Allow the mixture to cook for about 3-4 minutes over medium-high heat

**4)** Once the mixture turns a very light tan and smells slightly nutty, add the nutmeg

**5)** Add 1/3 of the milk and whisk until smooth and no clumps are in the base

**6)** Cook until the mixture becomes thick. Add the remaining milk and whisk until smooth

**7)** Cover with secure lid and store in refrigerator for 3-6 months

**8)** Add the salt and pepper

**9)** Take off the heat and add the cheese. Whisk until smooth and creamy

**10)** Pour cheese mixture over the pasta and fold together

