



08 **Life** Style

THE MILLENNIAL COOK

FARIHA AMBER



For the mac and cheese!

A glossy, gooey, cheesy sauce covering every crevice and arch of macaroni, served piping hot in a bowl that can be enjoyed at any time of the day — this sounds like the perfect comfort food, and it surely is! You might have guessed it by now, it is macaroni and cheese that is being glorified here.

Albeit macaroni and cheese has its roots deeply etched in the Italian cuisine, its vast popularity enabled it to have its own renditions in various parts of the world. While in Brazil, cream cheese is a core ingredient, and in Egypt, people prefer to have it in pie form, all variants of the dish are delicious nevertheless.

Mac and cheese is unquestionably a delectable food to savour given the minimal effort and ingredients it requires for its appetising taste, not to mention it can be put together very quickly as well. It is a



well-suited food to prepare even for amateur cooks that can bring about amazing results without failure.

Whether you like to serve it for brunch on lazy mornings or use it as company while binge watching movies, a good bowl of macaroni and cheese never fails to warm up the soul. Thus, here are four variations of scrumptious mac and cheese for you to relish. From classic to stuffed, there is one for every occasion.

CLASSIC MAC AND CHEESE

This classic recipe of macaroni and cheese

is easy to make and a must-try. It is quick to cook, requiring minimal preparation and is also a versatile recipe where you can use this as a base and add other ingredients and condiments as per your preference.

Ingredients

2 cups elbow pasta
60g butter
3 tbsp flour
2½ cups milk
1 cup shredded cheddar cheese
1 tsp salt
½ tsp black pepper powder
½ tsp chilli flakes
1 tbsp chopped parsley

Method

Add enough water in a pot to cover the stated amount of pasta with plenty of salt and bring it to a boil. Once it reaches a rolling boil stage, drop the pasta and let it cook uncovered for about 15 minutes or until al dente.

Meanwhile, place a pan on medium-high heat and add 60 grams of butter to it. Once the butter is melted, add 3 tablespoons of flour in small amounts and stir continuously using a whisk. Cook this for a couple of minutes while still stirring to cook off the raw flour taste. This is the base of the sauce, which is also known as a roux.

Next, gradually add in 2½ cups of milk in a steady stream while whisking continuously. Once the milk is fully incorporated, add 1 cup shredded cheddar cheese and stir well. The sauce should be thick and bubbly by now.

After that, add in the condiments including salt and crushed black pepper —

check for seasoning and add accordingly as the saltiness also depends upon the sharpness of cheese. Then, add in the chopped parsley and chilli flakes and reserve a little for garnish.

Drain the cooked pasta and add it to the cheese sauce. Stir to combine and serve piping hot with a sprinkling of chopped parsley and chilli flakes atop.

SEAFOOD MAC AND CHEESE

If you are a fan of seafood pasta, but the very thought of cooking seafood concerns you, then worry not because this recipe is a fool proof way to cook seafood at home. It eliminates the rubbery texture that homemade seafood often has and is sure to tantalise your taste buds.

Ingredients

2 cups macaroni
1 tsp chilli flakes
1 tbsp chopped coriander
For the sauce —
50g butter
2 tbsp flour
2½ cups milk
1 cup shredded mozzarella cheese
For the seafood —
500g seafood mix
2 tbsp oil
1 onion
1 garlic glove
1½ tsp salt
1 tsp crushed black pepper
½ tsp chilli powder
½ tsp turmeric
½ tsp garlic powder
2 tsp Cajun spice
1 tsp mixed herbs