**Baked Macaroni and Cheese (per pair)**

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| Macaroni Casserole | Salad |
| Cooking Principle: Pasta & Roux Thickening | Cooking Principle: Salad & Vinaigrette |
| Time: 25-30 min | Time: 10 minutes |
| Temp: medium – high/ 350oF | Temp: n/a |

Ingredients:

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| 15 ml margarine | Optional: |
| 15 ml flour | ½ ml onion powder |
| Salt and pepper to taste | ½ ml garlic powder |
| 60 ml milk | 2 ml mustard powder |
| 85g cheddar, finely grated | 1 ml Worcestershire sauce |
| 80g macaroni |  |
| 30 ml panko bread crumbs |  |

Directions:

1. Get organized, set up your work station. Preheat oven 350oF.
2. Fill a saucepan 2/3 full of water. Cover and bring to a boil.
3. Add macaroni and bring back to a boil. Reduce heat to maintain boiling without a lid and cook until el dente (7-10 minutes).
4. Drain in colander and place in medium mixing bowl.
5. While macaroni is cooking make the cheese sauce.
6. In a small sauce pan over medium-low heat, melt margarine. Stir in flour, salt, pepper, and optional dry seasonings. Stir constantly until the flour browns slightly about 2-3 minutes. The mixture will be blond (very light golden brown).
7. Pour milk in all at once; whisking constantly to create a smooth mixture. Cook, stirring constantly with a wooden spoon until thickened. Add the cheese and stir until melted.
8. Pour over reserved macaroni in the mixing bowl, stirring to coat evenly.
9. Divide evenly between two small casserole dishes and top with bread crumbs.
10. Place the casserole dishes on a baking sheet and place in the oven; bake for 10-15 minutes or until bubbly and golden brown.
11. While the casserole is baking, make the salad and the vinaigrette.

**Tossed Salad with Vinaigrette (for the table)**

Ingredients:

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| **Salad** | **Vinaigrette – choose one of the variations** |
| 1/6 head lettuce | *Italian:* |
| 250 ml spinach | 15 ml olive oil |
| 1-2 radishes | 10 ml red wine vinegar |
| 2-3 cherry tomatoes | 1 ml Italian seasoning |
| 1/6 long English cucumber | ½ small clove garlic, minced |
|  |  |
|  | *Honey Mustard* |
|  | 5 ml honey |
|  | 5 ml Dijon mustard |
|  | 15 ml olive oil |
|  | 10 ml lemon juice |

Directions:

1. Place all vinaigrette ingredients into a small mixing bowl and whisk to combine.
2. Set aside to allow flavours to blend while preparing the vegetable for the salad.
3. Shred the lettuce and place into a salad bowl.
4. Wash the spinach and let drain in the colander to remove some of the water. Tear into even, bite sized pieces and add to the lettuce.
5. Cut the radishes into quarters then slice into thin pieces; quarter the cherry tomatoes, and slice then quarter the cucumbers.
6. Place all the vegetables into the bowl with the lettuce.
7. Just before serving, dress the salad with the vinaigrette and toss to coat evenly.
8. Serve immediately.

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| **Standards:**Macaroni el dente, cheese sauce is thick, breadcrumbs golden brownSalad: all vegetables evenly cut, salad evenly dressed, colourful and crisp | **Equipment on Tray:**  |