

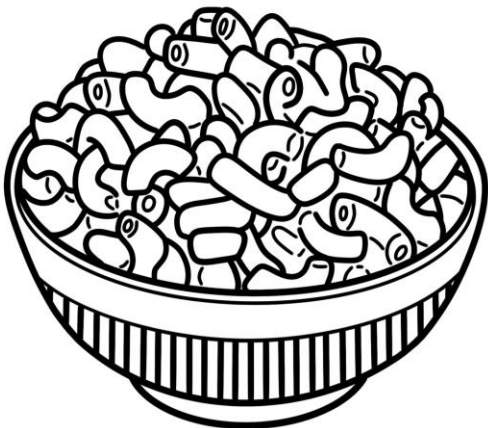
Our head chef on campus has provided a recipe for mac 'n' cheese for you to try at home. Please make sure you have help to make this if you need it.

For the Sauce

- 30g unsalted butter
- 25g plain flour
- 3g garlic powder
- 1g white pepper
- 3g onion powder
- 5g french mustard
- 240g semi-skimmed milk
- 2g table salt
- 40g grated mild cheddar
- 60g grated red Leicester

For the Assembled Dish

- 240g dried macaroni pasta
- 60g grated cheddar
- 25g breadcrumbs
- 1g dried oregano



1. Melt the butter in a saucepan. Once melted, add the flour and mix well. Gently cook out the butter and flour over a low-medium heat until it's thick and lump free (this is called a roux).

2. When the roux is smelling nice and biscuity, add the white pepper, onion & garlic powders, salt and French mustard and mix well. It will now thicken very quickly and become a darker paste.

3. Slowly add the milk, whisking well between each addition making sure there are no lumps.

4. Once the milk is all added, whisk in the cheddar and red Leicester and the sauce is finished.

5. Whilst making the sauce, cook the macaroni, you want it to be slightly undercooked as it will cook further when in the oven. So, cook it for 2 minutes less than the instructions on the packet tell you to.

6. Once the pasta is cooked, drain off the water and mix it with the sauce, then transfer the lot to an oven-proof dish.

7. In a separate bowl, mix together the second lot of grated cheddar, breadcrumbs and dried oregano. Then cover the top of the mac 'n' cheese with the mixture.

8. Bake in a preheated oven at 200°C for 20 minutes (or until the top is a lovely golden-brown colour)

9. Serve immediately with salad and whatever toppings you would like!

For extra nutrition and health benefits you could add toppings to your mac 'n' cheese - great ones include sweetcorn, tomatoes, ham and peas!

Jan is part of the team at Eatwise and she leads the team of chefs in the university's Production Kitchen. This is where they produce all of the food that is served in university cafes and street food vans, to both staff and students.

Jan helps to ensure that staff and students have access to fresh, seasonal food that's made on campus. Studying and teaching can take a lot of energy and Jan feels a lot of pride knowing she's helping fuel the campus community with delicious, nourishing food.