



Chef Jeff Béchamel Mac & Cheese

SERVINGS:6-8

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

For the Béchamel Sauce:

- 4 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 4 cups whole milk (or a combination of milk and cream for extra richness)
- 1 tablespoon chicken bouillon granules (or 1 chicken bouillon cube, dissolved in a bit of water)
- 2 cloves garlic, minced
- 1/2 teaspoon cracked black pepper (or to taste)
- Salt (to taste)

Cheese Mixture (choose six):

- 1 cup shredded sharp cheddar cheese
 - 1 cup shredded muenster cheese
 - 1 cup shredded Gruyère cheese
 - 1 cup crumbled provolone
 - 1 cup shredded Monterey Jack cheese
 - 1 cup smoked Gouda
- (Adjust amounts based on preference and availability)



Directions

1. Make the Béchamel:

- In a large saucepan, melt the butter over medium heat.
- Once melted, add the flour and whisk continuously for about 2-3 minutes to create a roux. The mixture should be bubbly and slightly golden but not browned.

2. Add Milk:

- Gradually whisk in the milk, making sure to eliminate any lumps. Keep whisking until the mixture is smooth and starts to thicken (about 5-7 minutes).

3. Season the Sauce:

- Stir in the chicken bouillon, minced garlic, cracked black pepper, and salt to taste. Continue to cook for another 2-3 minutes until the sauce is thick and creamy.

4. Incorporate the Cheeses:

- Remove the béchamel from the heat. Gradually add the shredded cheeses, stirring until completely melted and smooth. Adjust the cheese blend according to your taste preferences.

5. Combine with Pasta:

- Cook your choice of pasta (such as elbow macaroni or cavatappi) according to package instructions. Drain and return to the pot.
- Pour the cheese sauce over the cooked pasta and stir until evenly coated.

6. Serve or Bake:

- You can serve the mac and cheese as is, or transfer it to a baking dish, top with additional cheese or breadcrumbs, and bake at 350 °F (175 °C) for 20-25 minutes until bubbly and golden on top.

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