

Cavatappi and Cheddar Cheese (Quality Mac & Cheese)

Serves 8

This recipe uses a ridged curvy pasta named cavatappi that holds on to a lot of cheese. The name is derived from the Italian for corkscrew. This recipe uses two high quality cheeses plus a lower quality Swiss cheese to hold down cost. If you make this dish with high quality cheese, it is very filling and flavorful.



Ingredients:

- 16 oz. dry Cavatappi pasta (or elbow macaroni)
 - 3 tsp. salt, divided
 - 1 tsp. vegetable oil
 - 4 slices hearty white sandwich bread
 - 1 small shallot
 - 2 cloves garlic
 - 1 1/2 tsp. pepper, divided
 - 2 oz. quality parmesan cheese
 - 4 1/2 cups milk
 - 6 Tbsp. unsalted butter
 - 6 Tbsp. all-purpose flour
 - 8 oz. shredded sharp high quality cheddar cheese
 - 3 tsp. kosher salt
 - 1/4 tsp. nutmeg
 - 8 oz. shredded mild, inexpensive Swiss cheese
- Colander
 - Baking dish

Equipment

- Large pot for boiling pasta
- Food processor

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Cavatappi and Cheddar:

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Preheat oven to 400 degrees		
	Bring large pot of water to a boil. Add 1/2 tsp. salt and oil		3
	Cook pasta until al dente		
	Remove crusts from bread slices and tear into pieces	2	6-8
	Process bread slices into small pieces	2	
	Mince shallot and garlic	3	
	Toss bread crumbs, shallot, garlic, 1/2 tsp. salt, 1/2 tsp pepper, and parmesan. Set aside	2	
	Heat milk in a sauce pan without boiling	4	
	Pour pasta into a colander and drain	1	20
	In the large pasta pot, melt butter, slowly whisk in flour and cook	4	
	Whisk hot milk into flour and butter. Cook and whisk until smooth	4	
	Remove pan from heat. Stir in cheddar, kosher salt, 1 tsp. pepper, and nutmeg	2	
	Stir in cooked pasta and coat with sauce	1	
	Transfer 1/2 of the pasta to make a layer. Sprinkle with Swiss cheese	2	
	Transfer remaining pasta. Cover with bread crumbs	2	
	Bake until top is golden brown		40
	Total	70	