

## **Tate's Best Macaroni & Cheese**

*Partially adapted from Smitten Kitchen*

### Ingredients:

8 oz of dried pasta, such as elbows or another small, twisted shape  
2 Tablespoons butter  
2 Tablespoons flour  
½ cup milk  
½ cup half and half or heavy cream  
1 to 1 ½ cup shredded cheese (I like to use a mixture, like cheddar and gruyere or cheddar and parmesan, or anything under the sun, honestly)  
1 tablespoon mustard (Dijon or brown mustard works best, not yellow mustard)  
¼ teaspoon nutmeg  
Salt  
Pepper

Bring a medium sized pot of salted water to a boil. Add pasta, and let cook for package directions. If you are baking your macaroni and cheese, subtract one minute from the cooking time. Drain pasta.

Return the pot to the stove, and melt your butter over medium heat. Whisk in flour. Stir until the lumps are gone. Add milk and then half and half/cream, whisking constantly until the mixture starts to come to a simmer. Season with salt, pepper and nutmeg. Add cheese, mixing well after each addition, until the cheese is well incorporated into the sauce. Add drained pasta and stir to coat evenly.

You can eat this as it is, or you can pour the macaroni and cheese into a well-buttered casserole dish and top with additional cheese (or a buttered breadcrumb/garlic/herb mixture!) and bake at 400 degrees for twenty or so minutes.

Both ways are delicious!