



Robin's Mac 'N Cheese

Serves: 2 **Source:** adapted from Del Perlman
Robin and Bob Young, Boise, ID
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PDF: Robins-Mac-N-Cheese.pdf

Ingredients:

½ lbs Elbow Macaroni

1½ T Butter

1½ T Flour

1¼ c whole Milk

½ t Nutmeg, optional

Celtic Sea Salt and fresh ground Tellicherry Black Pepper to taste

1½ c grated Sharp Cheddar Cheese

Ham, diced, optional

Directions:

Cook pasta to manufacturers directions.

Over medium heat and in a sauce pan, combine the butter and flour until blended. Add milk slowly and make a white sauce by stirring constantly. Add the nutmeg, if using, and stir to combine. When combined, add the cheese and stir until completely melted. Add ham - if using. Add the pasta, salt and pepper and taste for seasoning.