

Living Local Recipe #1

Grown-Up Macaroni & Cheese (Serves 6.)

by Robert L. Hall, CCP



3 quarts water
1 cup all-purpose flour
1/2 stick butter or margarine
1 TBLS Italian seasoning
1 pint heavy whipping cream
6 oz. sliced provolone cheese

2 cups elbow macaroni
1/4 cup olive oil
1 TBLS minced garlic
1 cup white wine
6 oz. grated parmesan cheese

In a medium sauce pan, bring water to a boil and add pasta, cooking until pasta is al dente (cooked through but slightly firm). Drain pasta under cold water.

In a small bowl mix flour and oil, stirring until lumps are gone. Set to the side and reserve until later.

In a medium saucepan, on high heat, melt butter. Add garlic and Italian seasoning, sautéing gently for a few seconds. Add the wine and cook until the liquid has reduced by a third. Add the heavy cream and bring to a rolling boil. Immediately add the cheese, stirring until incorporated and smooth. Reduce the heat and slowly add the roux (flour-oil mixture), a little at a time, until the sauce has thickened slightly. Add a little more cream if the sauce gets too thick.

Mix pasta and sauce in a greased casserole dish. Top with sliced provolone cheese and bake, at 375 degrees, until provolone is melted and starts to brown a little on top. Remove from oven and allow to rest 10 minutes before serving.

To make this a main dish, top with grilled chicken, sautéed shrimp, or steamed vegetables.