



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Macaroni Cheese

(By Nigella Lawson)

Serves 4

Ingredients

250g macaroni
250g mature Cheddar or red Leicester or a mixture of both
250ml evaporated milk
2 eggs
Grating of fresh nutmeg
Salt and pepper

Method

Preheat the oven to 220°C/gas mark 7. Cook the macaroni according to the packet instructions, drain and then put back into the hot pan.

While the pasta is cooking, put the cheese, evaporated milk, eggs and nutmeg in a processor and blitz to mix. Or grate the cheese and mix everything by hand.

Pour the cheese sauce over the macaroni, stir well, and season with salt and pepper to taste.

Tip into a 25.5cm-diameter dish (wide and shallow is best) and bake in the very hot oven for about 10-15 minutes, or until it is bubbling and blistering on top.

