



# Sugar Apple

Posts From The Caribbean

## **Audrey's Macaroni and Cheese**

The kids (big and little) love this one and it was devoured yesterday. This is much easier than a baked mac and cheese using a cheesy béchamel sauce so it's a good one for the kids to learn to make on their own.

*½ pound of elbow macaroni*

*½ stick of butter*

*3 large eggs*

*2 ½ cups of milk, either whole or 2% will work*

*A few dashes of Tabasco sauce*

*2 teaspoons of mustard, I usually use Coleman's prepared English mustard but Dijon or ballpark mustard are fine also*

*salt and freshly ground pepper*

*1 lb. sharp cheddar cheese, grated*

Preheat your oven to 350°.

Cook the macaroni in boiling salted water until just tender. Drain the macaroni and put it in a buttered casserole dish. Add the butter to the macaroni and stir it all up until the butter melts. Whisk the eggs really well in a bowl and add the milk, Tabasco, mustard and a bit of salt and pepper. Whisk it all together until it's well blended and pour it over the buttered macaroni. Add in about ¾ of the cheese and mix it all up to evenly distribute the cheese throughout the casserole.

Sprinkle with the rest of the cheese and bake about 30 minutes or until the cheese on top is starting to brown a bit and the milk/egg part of the casserole is set. I like this served hot but the kids seem to like it just as much at room temperature. *Serves about 6-8 people unless they're little piggys.*

<http://www.abigailblake.com/sugarapple>

from the article *Potluck in Paradise* posted on April 13, 2009