

# Bechamel Mac and Cheese

*Yields 1/2 Gallon of Sauce for 1 Lb. Pasta (4–5 servings)*



## Ingredients:

### Bechamel:

- 1–2 ounces, vegetable oil
- 1/2 cup, white onion (minced)
- 1 tbsp, garlic (minced)
- 8 ounces, white roux (see instructions below)
- 1/2 gallon, whole milk (heated to about a simmer)
- 3 ounces, gruyere (shredded)
- 3 ounces, sharp cheddar (shredded)
- 2 ounces, cream cheese
- 1 lb. dry pasta (shells or elbows work best)
- Salt, to taste
- Pepper, to taste

*\*Cheeses can be changed as desired. For 1/2 Gallon of sauce, use at least 1/2 lb. of cheese.*

### Roux:

- 4 ounces, all-purpose flour (by weight)
- 4 ounces, melted butter or vegetable oil (by weight)

### Panko Gratin:

- 2 cups, panko bread crumb
- 4–6 ounces, whole butter (melted)
- 1/2 cup, pecorino Romano cheese (grated finely)

### Panko Gratin Directions:

1. Combine bread crumb and cheese in a bowl, then add in melted butter gradually. Work the butter in until the mixture becomes pliable and can hold together. Lay out the mixture onto a large sheet of plastic wrap, and then cover mixture with a second sheet of plastic wrap equal in length. With a rolling pin, roll out mixture between the plastic wrap until it is roughly 1/4 of an inch thick. Place on a sheet tray and pop in the freezer until firm.

**Roux Directions:**

1. Heat the fat in a medium sauté pan over medium heat and whisk in your flour. The mixture should be very smooth and moist, similar to a thick pancake batter. Continuously stir roux as it cooks to keep from burning. Cook roux for about 5 minutes and set aside.

**Directions:**

1. In a large rondeaux heat vegetable oil over medium heat. Add in minced onion and garlic, and season with salt and pepper. Sweat the onions and garlic until translucent and aromatic. Make sure to not generate color on the vegetables.
2. Add in your heated milk to the onions and garlic. Bring up to a full simmer and start whisking in your roux.
3. Combine nearly all the roux with the milk and bring back to a simmer to check thickness (You are looking for it to coat the back of the spoon). Add in your remaining roux as needed to achieve desired thickness. Then simmer for 25–30 minutes, stirring regularly.
4. Once sauce has simmered, season with salt and pepper to taste. Then add in your cheeses gradually. Make sure to whisk continuously while adding the cheese until fully melted and emulsified. Hold sauce warm until ready to combine with pasta.
5. Cook pasta to al dente in well salted water and strain thoroughly so pasta does not have residual water to dilute cheese sauce (optional: toss strained pasta in some veg or olive oil to keep from sticking together). Combine the cooked pasta with your cheese sauce. Taste and add any necessary seasoning if needed.
6. Pull out gratin from the freezer to partially thaw and begin to put your mac and cheese into individual, oven safe ramekins (or if desired, use oven safe baking dish large enough to hold full amount mac and cheese; be sure to roll out your gratin accordingly to fit over top). Cut the gratin topping into desired size and shape, and place on top of the mac and cheese.
7. Place dish under the broiler until gratin becomes golden brown and crispy. Remove and finish with fresh herbs if desired.