

Mac and Cheese to go



Shopping list

For a 12 cupcake-tin

700g macaroni
50g butter
60g flour
1 small onion
1 tsp garlic powder
1 tsp salt
150ml vegetable stock
200ml double cream
500g cheddar cheese
Black pepper as you like
Parsley as you like

How to:

Preheat the oven to 180 degrees (fan). Put the macaroni in boiling water and cook until firm to bite.

Melt the butter in a pan, finely cut the onion and braise in the butter. Sprinkle with flour and stir until the mixture is slightly brown.

Mix the vegetable stock and the cream and deglaze the onions. Stir well. Simmer the mixture.

Add 400 g cheese and flavour with spices.

Now grease the cupcake-tins and sprinkle with some flour.

Drain the macaroni, add them to the sauce and stir. Use a tablespoon to divide the mixture evenly among the tins. Bake for 20-25 minutes. Sprinkle with the rest of the cheese and bake for about another 5 minutes until the cheese is melted.

Let it rest for some minutes and run a knife around the cupcakes to sever them from their tins. Serve hot or cold, sprinkled with some parsley and black pepper.