

## Old Fashioned Macaroni and Cheese

salt + freshly ground black pepper, to taste

1 lb. macaroni

2 Tbs. butter

2 Tbs. flour

1 1/2 c. milk, heated to lukewarm

Pinch of freshly grated nutmeg

1/2 lb. grated Cheddar cheese

1/2 lb. grated Monterey Jack cheese

1/2 c. dry bread crumbs

Set the oven at 450°. Butter a shallow 3 quart baking dish.

Bring a large pot of salted water to a boil. Add the pasta and cook, stirring occasionally, for 5 minutes. Drain it in a colander and shake the colander to remove the excess moisture. Return the macaroni to the dry pan. Set it aside.

In a heavy-based saucepan, melt the butter, then whisk in the flour, stirring constantly over medium heat for 2 minutes.

Remove the pan from the heat and slowly whisk in the milk a little at a time, so no lumps form. Add the nutmeg, salt, and pepper.

Return the pan to the heat and bring it to a boil, whisking constantly. Turn the heat to low, set the pan over a flame diffuser if you have one, and let the sauce simmer gently for 4 minutes, stirring occasionally.

Pour the sauce over the macaroni. With a large metal spoon, gently fold the pasta, sauce, and cheeses together. Transfer them to the prepared baking dish.

STOP here & refrigerate if making ahead.

Sprinkle with the bread crumbs and set the dish in the top of the hot oven. Bake the macaroni and cheese for 20 to 25 minutes or until the pasta is golden and crusty on top. Serve at once.