



Cuizoo Cooking School
September 11, 2019
Macaroni and Cheese and Apple Crisp

Four Cheese Macaroni and Cheese

Make Two 9x13 pans, can easily be halved for one pan

Kosher salt

2 pounds elbow macaroni or cavatappi

2 quarts milk

16 tablespoons (2 sticks) butter, divided

1 cup all-purpose flour

40 ounces shredded cheese (We used sharp cheddar, monterey jack, gruyere, and parmesan -- about 12 cups)

1 teaspoon freshly ground black pepper

1 teaspoon ground nutmeg

3 cups fresh white bread crumbs (10 slices, crusts removed)

Preheat the oven to 375 degrees F.

Drizzle oil into a large pot of boiling salted water. Add the macaroni and cook according to the directions on the package, 6 to 8 minutes. Drain well.

Meanwhile, heat the milk in a small saucepan, but don't boil it. Melt 12 tablespoons of butter in a large (4-quart) pot and add the flour to make a roux. Cook over low heat for 2 minutes, stirring with a whisk. While whisking, add the hot milk and cook for a minute or two more, until thickened and smooth. Off the heat, add the shredded cheese, 1 tablespoon salt (less or more to taste), pepper, and nutmeg. Add the cooked macaroni and stir well. Pour into 9x13 glass baking pan(s).

Melt the remaining 4 tablespoons of butter, combine them with the fresh bread crumbs, and sprinkle on the top. Bake for 30 to 35 minutes, or until the sauce is bubbly and the macaroni is browned on the top. If you like your macaroni and cheese creamier, you can reduce the baking time or skip the baking process all together and just toss the warm pasta with cheese sauce.

Apple Crisp

Makes one 9x13 pan

5 pounds McIntosh/Macoun and Honeycrisp apples (or other good apple mix)

Grated zest of 1 orange

Grated zest of 1 lemon

2 tablespoons freshly squeezed orange juice

2 tablespoons freshly squeezed lemon juice

1/2 cup granulated sugar

2 teaspoons ground cinnamon

1 teaspoon ground nutmeg

For the topping:

1 1/2 cups flour

3/4 cup granulated sugar

3/4 cup light brown sugar, packed

1/2 teaspoon kosher salt

1 cup oatmeal

1/2 pound (2 sticks) cold unsalted butter, diced

Preheat the oven to 350 degrees F. Butter a 9x13 baking dish.

Peel, core, and cut the apples into large wedges. Combine the apples with the zests, juices, sugar, and spices. Pour into the dish.

To make the topping, combine the flour, sugars, salt, oatmeal, and cold butter in the bowl of an electric mixer fitted with the paddle attachment (or use a pastry cutter or a fork to combine). Mix on low speed until the mixture is crumbly and the butter is the size of peas. Scatter evenly over the apples.

Place the crisp on a sheet pan and bake for 1 hour until the top is brown and the apples are bubbly. Serve warm.

Before:

Shred Cheese
Cook Pasta
Make breadcrumbs

Timeline:

4:00-4:15 Welcome and wash hands
4:15-4:45 Peel apples and Make Apple Crisp
(4:45-5:45) Bake Apple Crisp
4:45-5:00 Make Cheese Sauce and Toss with Pasta
(5:00-5:20 Bake Mac and Cheese)
5:00-5:30 Apple Tasting and Tablecloth decorating
5:30 Eat and box leftovers

Trivia:

-
1. Which American President was the first to serve macaroni and cheese at a state dinner?
-

John Kennedy
Ronald Reagan
Abraham Lincoln
*Thomas Jefferson

The American president [Thomas Jefferson](#) encountered macaroni both in Paris and in northern Italy. Jefferson then imported both macaroni and Parmesan cheese for his use at his estate in Virginia. In 1802, Jefferson served "a pie called macaroni" at a state dinner.

-
2. What type of cheese is the most popular to put in macaroni and cheese?
-

Gouda
Parmesan
*Cheddar
American

Cheddar cheese is the most commonly used cheese for macaroni and cheese, but other cheeses are also commonly used. Behind Cheddar, the most popular recipes include Gruyère, Gouda, Havarti, and Parmesan cheese.

3. What year was Kraft Macaroni and Cheese introduced?

1852
1901
*1937
1974

Kraft Macaroni and Cheese was introduced in 1937 with the slogan "Make a meal for four in nine minutes." It was an immediate success in the U.S. and Canada during the Great Depression.

4. During which war did Kraft Macaroni and Cheese gain major popularity?

Civil War
*World War II
World War I
Revolutionary War

During WWII, food rationing led to increased popularity for Kraft Mac and Cheese. Americans could obtain two boxes for one food rationing stamp.

5. In which country is Kraft Mac and Cheese considered the "national dish?"

United States
*Canada
Great Britain
France

In Canada, It is considered the national dish and boxed Kraft Mac and Cheese is the most-purchased grocery item in the country.

6. Which art supply has a color named "Macaroni and Cheese?"

Ticonderoga Colored Pencils

*Crayola Crayons

Tempra Art Paints

Crayola Markers

In 1993, Crayola named one of its crayon colors "Macaroni and Cheese."
