

# Mac and Cheese •

## Ingredients

Elbow macaroni . . . . .	1 lb.	Salt . . . . .	¼ tsp.
Butter . . . . .	½ cup (1 stick)	Black pepper . . . . .	¼ tsp.
All-purpose flour . . . . .	½ cup	Sodium citrate (optional) . . . . .	½ tsp.
Whole milk, warmed . . . . .	4 cups	Sharp cheddar . . . . .	1 lb.
Heavy cream . . . . .	½ cup	Gruyere cheese . . . . .	½ lb.
Smoked paprika . . . . .	1 tsp.	Smoked gouda cheese . . . . .	¼ lb.
Hungarian hot paprika . . . . .	1 tsp.	Cooked ham, diced . . . . .	1 cup (6 oz.)
Garlic powder . . . . .	½ tsp.	Parmesan cheese . . . . .	½ cup
Dry mustard powder . . . . .	1 tsp.	Panko breadcrumbs . . . . .	½ cup
		Parsley . . . . .	1 Tbsp

## Directions

Preheat oven to  $375^{\circ}\text{F}$  — Lightly grease a 9 inch×13 inch baking dish — Shred **sharp cheddar**, **Gruyere**, and **smoked gouda cheeses**; combine in *Large Bowl #1* — Shred **Parmesan cheese**; set aside in *Small Bowl #1* — Chop **ham**; set aside in *Small Bowl #2* — Warm **milk** — Combine **sodium citrate** and 2 Tbsp. water in *Small Bowl #3*

1. **Cook the Macaroni:** Bring a large pot of salted water to a rolling boil. Add the **elbow macaroni** and cook according to package directions until al dente. Drain well and set aside. Do not rinse.
2. **Make the Roux:** In a large, heavy-bottomed pot or Dutch oven, melt ½ cup **butter** over medium heat. Whisk in ½ cup **flour**. Cook, stirring constantly, for 2-3 *minutes* until a pale golden roux forms.
3. **Build the Cheese Sauce Base:** Gradually whisk in 4 cups **warmed whole milk**, a little at a time, until smooth. Continue whisking until the sauce thickens about 5-7 *minutes*. Stir in ½ cup **heavy cream**, 1 tsp. **smoked paprika**, 1 tsp. **Hungarian hot paprika**, ½ tsp. **garlic powder**, and 1 tsp. **dry mustard powder**. Season with ¼ tsp. **salt** and ¼ tsp. **black pepper** to taste. Stir in **sodium citrate** (*Small Bowl #3*) thoroughly.
4. **Melt the Cheeses:** Reduce the heat to low. Add the shredded **sharp cheddar**, **Gruyere**, and **smoked gouda cheeses** (*Large Bowl #1*) to the sauce, a handful at a time, stirring constantly until melted and smooth.
5. **Combine Macaroni & Cheese:** Add the cooked macaroni to the cheese sauce and stir gently until fully coated. Fold in the diced **ham** (*Small Bowl #2*).
6. **Assemble & Top:** Transfer the mac and cheese mixture to the prepared baking dish, spreading it evenly. In *Small Bowl #4*, combine the **grated Parmesan cheese** (½ cup, *Small Bowl #1*) and ½ cup **panko breadcrumbs**. Sprinkle this mixture generously over the top.

7. **Bake:** Bake for *20-25 minutes*, or until the mac and cheese is bubbly around the edges and the topping is golden brown and crispy.
8. **Serve:** Let the mac and cheese stand for *5-10 minutes* before serving. Garnish with fresh parsley.