

New Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-51

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		5 gal		10 gal	1. Add salt to boiling water.
salt		2 Tbsp 2 tsp	3 ½ oz	⅓ cup	
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ cups	2. Slowly add macaroni until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water.
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	3. Melt margarine or butter in a stock pot or steam-jacketed kettle.
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	4. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted margarine. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Dry mustard		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Paprika		1 Tbsp		2 Tbsp	
Lowfat 1% milk or instant nonfat dry milk, reconstituted		1 gal 1 qt		2 gal 2 qt	5. Heat milk in a stock pot to a simmer. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce		2 tsp		1 Tbsp 1 tsp	6. Add Worcestershire sauce, Parmesan cheese, and Cheddar cheese, to the white sauce. Stir over low heat until cheese melts.
Grated Parmesan cheese	4 oz	1 ½ cups	8 oz	3 cups	
Reduced fat Cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt	
					7. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 14 oz (1 gal 2 ¼ qt) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with a lid or foil. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 25 minutes CCP: Heat to 140° F or higher.

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Enriched soft bread crumbs	6 oz	2 cups	12 oz	1 qt	8. Combine the bread crumbs and Cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan.
Reduced fat Cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
					9. Bake an additional 5 minutes, uncovered, until lightly browned.
					10. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces).

SERVING:

1 portion provides 1 oz equivalent meat/meat alternate and 1 serving of grains/breads.

YIELD:

50 Servings: about 21 lb 12 oz

100 Servings: about 43 lb 8 oz

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Edited 2004

Nutrients Per Serving

Calories	325	Saturated Fat	5.93 g	Iron	1.57 mg
Protein	17.22 g	Cholesterol	23 mg	Calcium	448 mg
Carbohydrate	32.71 g	Vitamin A	763 IU	Sodium	475 mg
Total Fat	13.63 g	Vitamin C	1.1 mg	Dietary Fiber	1.5 g