

BAKED MACARONI AND CHEESE

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
359 cal	37 g	17 g	16 g	39 mg	721 mg	357 mg

Ingredient

MACARONI NOODLES,ELBOW,DRY
 WATER,BOILING
 SALT
 MILK,NONFAT,DRY
 WATER,WARM
 FLOUR,WHEAT,GENERAL PURPOSE
 WATER,COLD
 SALT
 PEPPER,BLACK,GROUND
 CHEESE,CHEDDAR,SHREDDED
 COOKING SPRAY,NONSTICK
 BREADCRUMBS,DRY,GROUND,FINE
 MARGARINE,MELTED

Weight

7-3/8 lbs
 50-1/8 lbs
 1-2/3 oz
 1-1/3 lbs
 20-7/8 lbs
 1-2/3 lbs
 2-1/8 lbs
 1-7/8 oz
 1/4 oz
 8 lbs
 2 oz
 1-1/4 lbs
 10 oz

Measure

2 gal
 6 gal
 2-2/3 tbsp
 2 qts 1 cup
 2 gal 2 qts
 1 qts 2 cup
 1 qts
 3 tbsp
 1 tbsp
 2 gal
 1/4 cup 1/3 tbsp
 1 qts 1 cup
 1-1/4 cup

Issue

Method

- 1 Add macaroni slowly to boiling salted water; cook 8 to 10 minutes or until tender; stir occasionally to prevent sticking.
- 2 Drain. Set aside for use in Step 7.
- 3 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 4 Combine flour and water to make a smooth mixture. Add mixture to hot milk, stirring constantly.
- 5 Add salt and pepper. Bring mixture to a boil; reduce heat; simmer 5 minutes or until thickened. Stir frequently to prevent scorching.
- 6 Add cheese to sauce; stir only until smooth; remove from heat.
- 7 Combine sauce and macaroni; mix well.
- 8 Lightly spray steam table pans with non-stick cooking spray. Place about 6-1/3 quart mixture in each sprayed pan.
- 9 Combine bread crumbs and melted butter or margarine; sprinkle 1-3/4 cup over mixture in each pan.
- 10 Using a convection oven, bake at 325 F. 15-20 minutes on high fan, open vent or until browned. CCP: Hold for service at 140 F. or higher.