

Macaroni Cheese (adapted from TTC Recipes for the Outdoors 1994)

Serves 4 people

Ingredients

- 400 g macaroni
- 25 g butter (2 tablespoons)
- 1 onion finely chopped
- 25 g flour (tablespoons)
- 100 g dried vegetables
- 1.5 cups of milk (40g milk powder mixed with 375g (1.5 c) water
- 4 g mustard (1 teaspoon)
- 4 g salt (1 teaspoon)
- 2 tablespoons chopped parsley
- 200g grated cheese (2 cups)

Method

On the tramp

1. Cook the pasta in salted boiling water until just cooked. Drain.
2. Mix the milk powder in 1 ½ cups of water to make up the milk.
3. Melt the butter in a billy, add the onion and cook for 2-3 minutes.
4. Stir in the flour, and heat until it starts bubbling Gradually add in the milk and stir in mustard and salt.
5. Bring to the boil, stirring constantly, then simmer gently for 3 minutes.
6. Add parsley and grated cheese and mix well until heated through.
7. Serve.

Number of people	Two	Four	Six	Eight	Ten
Macaroni	200g	400g	600g	800g	1000g
Butter	13g	25g	40g	50g	60g
Onion	½	1	1 ½	2	2 ½
Flour	13g	25g	40g	50g	60g
Dried vegetables	50g	100g	150g	200g	250g
Milk powder	20g (¾ cup)	40g (1 ½	60g (2 ¼ cups	80g (3 cups)	100g (3 ¾

(water)		cups))		cups)
Mustard	2g (½ tspn)	4g (1 tspn)	6g (1½ tspns)	8g (2 tspns)	10g (2½ tspns)
Salt	2g (½ tspn)	4g (1 tspn)	6g (1½ tspns)	8g (2 tspns)	10g (2½ tspns)
Chopped parsley	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Grated cheese	100g	200g	300g	400g	500g