

# Macaroni and Cheese

## Ingredients:

3 cups water  
1 cup macaroni  
2 tablespoons butter  
2 tablespoon flour  
½ teaspoon Dry mustard  
½ teaspoon salt  
Dash pepper  
1 cup milk  
1 cup cheese

## Directions:

1. Bring water to boil.
2. Add macaroni and cook for 7 minutes.
3. Drain noodles in a colander.
4. In a sauce pan melt butter. Remove from heat.
5. Mix in flour, dry mustard, salt and pepper. Whisk well.
6. Turn on heat. Gradually add milk. Cook until it thickens.
7. Stir in cheese. Melt cheese in milk mixture.
8. Add cooked pasta until completely mixed together.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_

## Kitchen Lab Planning Sheet

Unit: \_\_\_\_\_ Recipe: \_\_\_\_\_

<b>Head Chef</b>		<b>Sous Chef</b>	
Designates roles to others. Cooks at stove/puts food in oven. Sweeps floor. Assists and checks all cleaning is complete. Citizenship.		Chops necessary foods. Preheats oven if used. Assists cook. Wipes tables. Citizenship	
<b>Assistant</b>	<b>Helper</b>	<b>Aid</b>	
Gets equipment needed. Dries/puts away dishes. Puts dirty laundry away. Citizenship.	Measures ingredients from teacher. Gets clean linens, Washes dishes. Citizenship.	Measures ingredients from bin. Wipes counters and stove. Fills up any canisters. Citizenship.	

List ALL equipment used for this recipe.

What is your evaluation of the recipe? (circle one)

Yay! ☺

Meh

Nay! ☹

What changes would you make to the recipe or how it was prepared? Please explain.

Chef initials to indicate kitchen is acceptable at the end of the class. \_\_\_\_\_

**Using as much detail as you can, please fill in the blank and finish the sentence starter.**

I would rate myself as \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .