



CALMAC & CHEESE

I have friends and family that regularly visit relatives on the Isles. Every one at some point has commented on how good the macaroni cheese is on the ferry.

Caledonian MacBrayne serve over 50,000 portions every year, and in recognition of its popularity, have now published the recipe on their website for us all to share. Shared it is!

Ingredients

- 400g macaroni
- 70g butter
- 50g plain flour
- 900ml milk
- 100g of Mull of Kintyre Cheddar, grated, or any mature Scottish Cheddar
- 2 tablespoons of Parmesan cheese, grated
- 1 tablespoon of Isle of Arran mustard, or English Mustard
- Salt and pepper to taste

Method

1. Preheat your oven to 180°C.
2. Cook the macaroni as per the packaging instructions.
3. Meanwhile, melt the butter in a saucepan, then stir in the flour and cook for 2 to 3 minutes on a medium heat, stirring continuously.
4. Gradually add in the milk and keep stirring to ensure a smooth consistency.
5. Next, stir in the (Mull of Kintyre) Cheddar and Parmesan and allow to melt, but keep a little back for the topping.
6. Add the mustard and then remove from the heat.
7. Drain the macaroni once cooked, then add it to the sauce.
8. Place in an ovenproof dish and add some of the left-over grated cheese as a topping.
9. Cook for around 20-25 minutes.

Serve with a side salad of your choice and some crusty bread.

www.calmac.co.uk/article/7499/Recipes