

Mac and Cheese

1/2 pound elbow macaroni
3 tablespoons butter
3 tablespoons flour
2 cups milk
Pinch of nutmeg (if you like...?)
3/4 ts fresh Thyme
Salt and pepper, to taste
3 cups plus 1/2 cup shredded sharp Cheddar (about 8 ounces)

*1/2 cup fine bread crumbs combined with 1/2 cup cheese and 1 ts basil (chopped)

Cook the macaroni in boiling water for about 10 minutes until tender but still firm. Drain well and set aside.

In a deep skillet, melt the butter over medium heat.

Add the flour to make a butter and cook, stirring, to remove any lumps.

Add the thyme & nutmeg

Pour in the milk and cook until the mixture is thick and smooth. Season with salt and pepper.

Stir in 2 cups Cheddar and continue to cook until melted.

Add the cooked macaroni and stir.

Transfer the mixture to a 2-quart casserole dish.

Bake in a preheated 350-degree F oven for 20 minutes.

Remove the casserole from oven, top with remaining * 1/2-cup cheese etc.

Broil for an additional 5 minutes until hot and bubbly.