Macaroni Cheese

Ingredients
100g macaroni
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper

Equipment
Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish (or foil tray).

Method
1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until *al dente*.

2. Grate the cheese and slice the tomato.

3. While the pasta is cooking, make the sauce:
   - place the butter or margarine, flour and milk into a small saucepan;

   - bring the sauce to a simmer, whisking all the time until it has thickened;

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- stir in 75g of the grated cheese.

4. Preheat the grill.

5. Drain the boiling hot water away from the macaroni into a colander in the sink.

6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.

7. Pour the macaroni into an oven-proof dish (or foil tray).

8. Arrange the tomato slices over the macaroni.

10. Place under a hot grill until the cheese is bubbling and golden brown.

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