

# Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-26

| Ingredients                                              | 50 Servings |               | 100 Servings |                | Directions                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------|-------------|---------------|--------------|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                          | Weight      | Measure       | Weight       | Measure        |                                                                                                                                                                                                                                                                                                       |
| Water                                                    |             | 3 gal         |              | 6 gal          | 1. Heat water to rolling boil.                                                                                                                                                                                                                                                                        |
| Enriched elbow macaroni                                  | 2 lb 10 oz  | 2 qt 1 ¼ cups | 5 lb 4 oz    | 1 gal 2 ½ cups | 2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally.<br>DO NOT OVERCOOK. Drain well.                                                                                                                                            |
| Instant nonfat dry milk, reconstituted                   |             | 3 qt          |              | 1 gal 2 qt     | 3. Quickly stir milk into macaroni. Add margarine or butter and seasonings.                                                                                                                                                                                                                           |
| Margarine or butter (cut into small cubes)               | 8 oz        | 1 cup         | 1 lb         | 2 cups         |                                                                                                                                                                                                                                                                                                       |
| Dry mustard                                              |             | 1 Tbsp        |              | 2 Tbsp         |                                                                                                                                                                                                                                                                                                       |
| Ground black or white pepper                             |             | ¼ tsp         |              | ½ tsp          |                                                                                                                                                                                                                                                                                                       |
| Cheese blend of American and skim milk cheeses, shredded | 6 lb 4 oz   | 1 gal 2 ¼ qt  | 12 lb 8 oz   | 3 gal 2 cups   | 4. Add the cheese and stir until the cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage.                                                                                                                                                                           |
|                                                          |             |               |              |                | CCP: Heat to 140° F or higher.                                                                                                                                                                                                                                                                        |
|                                                          |             |               |              |                | 5. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Hold for 30 minutes on a 180-190° F steamtable to allow sufficient time for mixture to set up properly. |
|                                                          |             |               |              |                | 6. CCP: Hold for hot service at 135° F or higher.                                                                                                                                                                                                                                                     |
|                                                          |             |               |              |                | Portion with No. 6 scoop ( ⅔ cup).                                                                                                                                                                                                                                                                    |

| SERVING: | YIELD: | VOLUME: |
|----------|--------|---------|
|----------|--------|---------|

⅔ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

**50 Servings:** 2 steamtable pans

**50 Servings:** about 2 gallons

**100 Servings:** 4 steamtable pans

**100 Servings:** about 4 gallons

Edited 2004

# Macaroni and Cheese

Variation:  
A. Macaroni, Cheese, and Ham

50 servings: Follow steps 1-3. In step 4, use 5 lb 12 oz (1 gal 1 ¾ qt) shredded cheese and 1 lb (3 cups) diced cooked ham water added. Continue with steps 5 and 6.

100 servings: Follow steps 1-3. In step 4, use 11 lb 8 oz (2 gal 3 ½ qt) shredded cheese and 2 lb (1 qt 2 ¼ cups) diced cooked ham water added. Continue with steps 5 and 6.

CCP heat to 165° F or higher for at least 15 seconds.

Serving: ¾ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and ¾ serving of grains/breads.

| Nutrients Per Serving |         |               |        |               |         |
|-----------------------|---------|---------------|--------|---------------|---------|
| Calories              | 296     | Saturated Fat | 6.84 g | Iron          | 1.03 mg |
| Protein               | 19.64 g | Cholesterol   | 31 mg  | Calcium       | 482 mg  |
| Carbohydrate          | 27.44 g | Vitamin A     | 684 IU | Sodium        | 896 mg  |
| Total Fat             | 12.18 g | Vitamin C     | 0.4 mg | Dietary Fiber | 0.9 g   |