

Gluten Free Macaroni and Cheese

serves 4

2 tsp salt for the pasta water
12 oz gluten free elbow noodles (I used Barilla)
1 cup whole milk (or nondairy milk, unsweetened)
2 Tb cornstarch (or potato starch)
2 Tb cold water (or additional milk)
1/4 teaspoon dry mustard
1/8 teaspoon garlic powder
1/8 teaspoon nutmeg
1 1/2 cup sharp cheddar cheese, grated
1/4 cup parmesan cheese grated

Bring 2 1/2 quarts water to boil in a large saucepan. Stir in 2 teaspoons salt and the macaroni; cook until the pasta is cooked and tender, about 5-7 minutes. (cook time depends on the pasta brand, cook the pasta 2 minutes shorter than the package advises.) Drain the pasta and leave it in the colander; set aside.

Add the milk, mustard, garlic powder, cayenne, and 1/2 teaspoon salt to the now empty saucepan. Bring the mixture to a simmer. Mix the cornstarch and cold water or milk together into a slurry. Add the cornstarch mixture to the sauce while whisking. Continue to simmer, whisking constantly, until the sauce has thickened and is smooth, about 1-2 minutes. Turn off burner.

Off the heat, gradually whisk in the cheeses until melted and smooth. Stir in the macaroni, and let the macaroni and cheese sit off the heat until the sauce has thickened slightly, 2 to 5 minutes, before serving.

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