

# CRUSTY MAC AND CHEESE WITH BROCCOLI

Serving: About 1 cup

## Vegetable and Main

This Macaroni and Cheese variation with broccoli was inspired by a recipe from SchoolFood in NYC. Replacing half the oil with butter gives the dish a much better flavor and also eliminates margarine, which contains unhealthy trans fat.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Elbow macaroni, dry	3 lbs 4 oz	6 lbs 8 oz	<ol style="list-style-type: none"> <li>1. Spray steamer insert with oil and steam pasta until cooked but firm, approximately 5-7 minutes. (For traditional technique, see Preparation Tips below.)</li> <li>2. Heat the oil, or oil and butter. Add the onion, garlic and cook, over medium heat, stirring occasionally until softened but not brown, about 5-7 minutes.</li> <li>3. Add the milk and bring to a boil. (DO NOT use milk that is for the slurry only.)</li> <li>4. Thoroughly whisk the cornstarch into the remaining cold milk to make a "slurry". Add the slurry to the boiling milk, stirring frequently, for about 5 minutes.</li> <li>5. Reduce heat to low and add the cheese, paprika, mustard, salt and pepper, stirring constantly until cheese melts, about 1 minute.</li> <li>6. Chop the broccoli crowns. If you are using the stems, discard the bottom 2 inches, peel the stems with a sharp knife and slice thinly.</li> <li>7. Steam the broccoli, with stems, if using them, in a steamer or in a large pot with 2 inches of boiling water, covered, over high heat, until well-cooked, 5-7 minutes, depending on method used.</li> <li>8. Equally divide broccoli and cheese sauce between hotel pans, adding salt and pepper, as necessary.</li> <li>9. For each hotel pan: Blend 10 oz bread, 2/3 cup Parmesan and 3 Tbsp melted butter in a food processor until the breadcrumbs are fine. Evenly distribute on top of each hotel pan.</li> <li>10. Bake until cheese is bubbling and crust browns, covering it if it gets too dark.</li> </ol> <p>CCP: Heat to 165°F or higher. (Internal temp. should reach 145°)</p> <p>Convection oven: 300° about 20-25 minutes            Conventional oven: 325° about 30-35 minutes            CCP: Hold for hot service at 140°F or higher.</p>
Oil (or oil and butter combined)	1/4 cup	1/2 cup	
*Spanish Onion, diced	2 lbs (6-1/2 cups)	4 lbs (2 quarts 1 cup)	
*Garlic, fresh, minced	2 Tbsp About 6 cloves	1/4 cup About 12 cloves	
Milk, skim or low fat	2 qts 3-1/2 cups	5 qts 3 cups	
Corn Starch	4-1/2 oz (1 cup 1 Tbsp)	9 oz (2 cups 2 Tbsp)	
Milk, skim, cold (Only for "slurry")	3/4 cup 3 Tbsp	1-3/4 cups 2 Tbsp	
Cheddar Cheese, shredded	1 lb 11 oz	3 lb 6 oz	
Paprika	2 Tbsp	1/4 cup	
Mustard, dry	1 Tbsp 1 teas	2 Tbsp 2 teas	
Salt	2-1/4 tsp (or more, to taste)	1-1/2 Tbsp (or more, to taste)	
Pepper, black	1/2 tsp (or more, to taste)	1 tsp (or more, to taste)	
*Broccoli bunches	4 lbs 8 oz About 4-5 bunches  5 lbs if using florets only, not stems.	9 lbs About 9 bunches  10 lbs if using florets only, not stems.	
<b>Bread crumb topping:</b> <i>For each full 2-1/2 inch hotel pan</i>			
Whole wheat bread, crusts on (fresh or stale)	10 oz		
Parmesan, good quality, grated	2-1/2 oz (2/3 cup)		
Butter, softened or melted	3 Tbsp		
<p>•<b>Variation:</b> This recipe can also be made without the crust. Don't use a crust if the dish has to be held longer than 20 minutes, as it absorbs the liquid.</p>			
<p>* <b>MA farm products needed for recipe. For ordering, see page 19.</b></p>			

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### Preparation Tips:

- **Pasta:** *To cook pasta traditionally*, boil in 3 quarts water per pound. Drain well, and rinse with cold water. Divide among hotel pans, about 50 servings per pan. The pasta can be cooked the day before and chilled in a hotel pan. (The steamer technique works well for kitchens short of burners.)
- **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. (Alternatively, use traditional technique on page 16.)
- **Garlic:** For an alternative to fresh garlic, use whole peeled cloves or minced garlic in oil. (Technique for minced fresh garlic on page 16.)

### NUTRITIONAL ANALYSIS PER SERVING

Calories	272	Vitamin A (IU)	857
Cholesterol (Mg)	22	Vitamin C (Mg)	38.27
Sodium (Mg)	297	Protein (G)	12.56
Fiber (G)	2.72	Carbohydrate (G)	36.99
Iron (Mg)	1.89	Total Fat (G)	8.54
Calcium (Mg)	243.5	Saturated Fat (G)	4.42