# Macaroni and Cheese

## Description

Macaroni and cheese is American soul food. Some times you just have to have some macaroni and cheese. We won't bother trying to come up with a healthy version, this is comfort food in full glory. And I'm sneaking this one into our family cookbook.

## Summary

**Yield:** 6
**Prep Time:** 45 minutes
**Category:** Pasta
**Cuisine:** American

## Ingredients

- 8 ozs elbow macaroni
- 8 ozs sharp cheddar cheese
- 2  eggs, separated
- 1 cup milk
- 3 tbsps butter
- 1/4 cup white flour
- 1 tsp salt
- 1/8 tsp cayenne pepper

## Instructions

Boil the macaroni in lightly salted water, following the package directions. Drain and set aside.

Melt the butter over medium heat in a large saucepan. Blend in the flour, salt, and cayenne pepper. Stir well. Add the milk gradually, stirring constantly. Continue cooking until the mixture is thickened. Remove from heat and add the cheddar cheese, stirring until the cheese is melted.

Beat egg yolks until light. Stir into the cheese sauce quickly. Add the macaroni noodles to the cheese sauce and mix thoroughly.

In a separate bowl, beat the egg whites until stiff. Fold the egg whites into the macaroni mixture. Transfer mixture to a large 3-quart casserole dish. Bake at 475° F for 10 minutes. Reduce heat to 400° F and bake for another 25 minutes.

Serves 6.