



Crab Mac 'n' Cheese

SERVES 4 People

DIFFICULTY Medium

TIME 1 Hour

Ingredients

400g dried macaroni pasta
60g salted butter
60g plain flour
500ml semi-skimmed milk
150g London 1856 Cheddar
1 tsp mustard powder
1 tsp ground nutmeg
Sea salt & cracked
black pepper
100g brown crab meat
100g white crab meat, flaked
35g breadcrumbs

Method

1. Preheat the oven to 200C/180C fan/gas 6.
2. Place the pasta in a pan of salted boiling water and cook according to pack instructions.
3. In the meantime, make the cheese sauce. Melt butter over a medium heat before sprinkling in the flour. Cook for a 1 minute to form a thick paste, stirring continuously to ensure it doesn't stick.
4. Gradually whisk in milk to form a glossy sauce. Stir through 100g cheese, mustard and nutmeg. Loosen the sauce with 3 - 4 tablespoon pasta water.
5. Take the sauce off the heat and stir through both the brown and white crab meat. Season the sauce as necessary.
6. Pour the cooked pasta into the sauce and gently stir together. Pour the coated pasta into an oven proof dish and top with the breadcrumbs and remaining cheese.
7. Bake in the oven for 25 minutes until the top is golden and crispy and the pasta is bubbling at the sides.
8. Serve immediately.

