



WATERCREST

SENIOR LIVING



The Chef's Corner

The Love of Mac and Cheese!

Cheesemaking began 10,000 years ago; it was originally about survival - turning milk, a perishable protein, into cheese, which would last longer. Farms (often the farmer's wife) would typically produce cheese, until the first cheese factory was built in 1851. Processed (emulsified and cooked) cheese was invented over 100 years ago, evolved into singles, powdered cheese sauce and mixes, and other products. It was also popular for providing long-lasting food for soldiers at war. Many Americans may never have tasted macaroni and cheese made with real cheese, having only been familiar with what came in a box with a powdered mix. Mac and cheese is often viewed as an ideal food: relatively inexpensive to prepare, and very filling - a 'comfort food.'

From our Chef's Corner to your table, enjoy!

Chef's Recipe from the kitchen of Chef Matt at Watercrest Spanish Springs

Award-Winning Jalapeno Popper Mac and Cheese
(People's Choice and Mayor's Award at Lady Lake Mac & Cheese Festival!)

Ingredients:

1 pound pasta (elbow or shells)
10 oz cream cheese
8oz smoked gouda, shredded
8oz smoked cheddar, shredded
12oz heavy cream
2 table spoons garlic powder
Salt and pepper to taste
Garnish: crisp bacon crumbles and diced jalapenos

Directions:

Prepare pasta according to package directions. Drain and set aside.

Meanwhile, in a large saucepan over low-medium heat, mix together the cream cheese, smoked gouda, cheddar, and heavy cream. Heat until melted, stirring constantly.

Stir in the garlic powder, salt and pepper, and continue to stir and heat until thickened.

Tip: for a thicker sauce, use additional cheese (not flour!)

Toss the pasta together with cheese sauce, and garnish as desired with bacon crumbles and diced jalapenos.

Enjoy!