

Pumpkin Macaroni and Cheese

Season: Winter

Type: Main

Serves: 32 tastings

From the garden: Pumpkin & rosemary

Class focus: Cut vegetables into cubes & chopping herb



Equipment:	Ingredients:
<p>Large saucepan x 2 Wooden spoon x 2 Chopping boards and knives Measuring cups Measuring spoons Blender stick Serving bowl x 5 Serving spoon x 5</p>	<p>1 x 500g pack of pasta Hot water from kettle for cooking pasta 1 teaspoon salt 2 cups milk 1 cup water 3 tablespoons plain flour 1 onion (cubed - 2cm) 1 pumpkin (skin-off, cubed - 2cm) 1 sprig rosemary (leaves only, finely chopped) 2 cups grated cheese 1 teaspoon salt</p>

What to do:

1. Wash the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. In a large saucepan, cover pasta with hot water from the kettle, add salt and boil until tender, about 8 minutes. Drain and set aside.
4. Combine milk, water, flour, onion, pumpkin and rosemary in another large saucepan over medium heat.
5. Stir constantly until mixture is thickened and pumpkin is soft.
6. Remove from heat and use a blender stick to blend all ingredients until smooth.
7. Stir in cheese and salt.
8. Add in the pasta and stir to coat the pasta evenly.
9. Serve into 5 large serving bowls with a serving spoon in each.

For vegan / dairy intolerance option:

- Use soy milk.
- Add the cheese at the end so you can take a portion out without cheese for the vegan or dairy intolerance students.

For gluten free option:

- Use gluten free plain flour.
- After the completion of **Step 7**, please get Angela to take a portion of the pumpkin mixture out for making the gluten free version.