

Macaroni and Cheese Green Apron Class Outline

- Zoom was used to connect with class virtually. Meeting links were sent out 1 week before class and the morning of the class. Classes were recorded for those that could not attend or for those that need a reminder of how to make the recipe. Remind students to keep their microphone off unless they have a question or an answer to a question asked. Encourage them to keep their camera on while they are cooking, it helps to know how they are progressing with the recipe during class.
- Welcome the “cooks” and tell them we will be making mac and cheese from scratch tonight.
 - Ask them why they like to eat mac and cheese
 - Talking point: There is not much information of where mac and cheese was first invented, but many people think it was a few hundred years ago in Italy. Mac and cheese became extremely popular in American during the depression because people didn't have much money and the ingredients didn't cost very much. I like mac and cheese because I can put lots of different cheese in the sauce to change the flavor. And it is so creamy and gooey, it is the best!
- Start by preheating your oven to 350 degrees
- Go through the ingredients and tools needed for cooking during the class:
 - Food ingredients: noodles, butter (divided), flour, chicken broth (or bouillon), milk, cheese, and breadcrumbs (optional)
 - Pot to boil noodles
 - Skillet for cheese sauce
 - 9 x 13 pan
 - Colander to drain noodles
 - Whisk and spoon
 - Microwave safe dish to melt butter
- Fill large pot halfway with water and carefully put it on the stove to boil.
- Have the children measure out the flour and butter so it is ready to go, this part of the recipe can go fast so having it measured will make it easier. Also, grate your cheese if you are not using pre-shredded cheese.
- Cut 2 TBS of butter off butter cube, show the children how to measure butter by using the lines on the side of the butter cube. Add butter to skillet and turn to medium high heat. Start stirring the butter to keep it from burning.
- Tell the children we are making a roux; this is a basic cooking skill that will help us make many different recipes. This same recipe can be used to thicken soups and chowders, or it can thicken sauces like gravy or cheese sauce like we are making today.
 - The word roux is a term used by the French, so you just learned how to speak a new language today! Does anyone want to practice saying roux? Unmute your mic and try it.

- Once the butter is melted all the way, turn the burner down to medium heat. Add the 2 TBS of flour and whisk well to coat the flour with the butter. When making a roux always use the same amount of fat (butter in this case) with the same amount of flour. Allow butter and flour to cook for 1-2 minutes stirring constantly. This helps remove the flour taste from the sauce.
- Now slowly pour the milk into the butter, whisking well after each addition. (Add a ¼ cup at a time and whisk well, the mixture should start to thicken a little. Try to get the lumps out before you add more liquid).
 - Check how everyone is doing at this point, some of the children may need you to go a little slower while they get caught up.
- Check to see if water is boiling and add noodles.
- Once the milk is all in the pan, measure out your broth (if using bouillon to make broth measure it into the water and let it dissolve). Slowly add the broth/water into the mixture. You can add this a little faster than the milk but keep whisking to avoid lumps. Allow sauce to simmer for a few minutes stirring occasionally.
- Stir your noodles. Slowly add cheese to the sauce, stir to help the cheese melt. Once cheese is melted turn off heat.
- Check to see if noodles are done. We want them soft, but not too soft. They should still have a slight bite to them. If they are done, drain them in the sink using a colander. Set aside.
- Grease the 9 x 13 pan with cooking spray. Add the noodles to the pan and then pour the cheese sauce over the top. Mix carefully until all noodles are covered with cheese sauce.
- Melt 2 TBS butter in small microwavable dish. Make sure to cover the dish to avoid a mess in the microwave. Add the breadcrumbs to the butter and stir to coat well.
- Spread the breadcrumbs evenly over the macaroni and cheese.
- Bake for 10-15 minutes until breadcrumbs are golden brown and macaroni is bubbling. Enjoy!
- Finish by talking with the children for a minute:
 - Ask them what they learned today. (These are great comments to keep for impact reports)
 - Ask them what the most difficult part of this recipe was.
 - Ask them if they will make this recipe again. (Another great response to track for impact reports)
 - Ask them what else they can make with a roux.
- Remind them of the next class and say goodbye.

Additional Resources: Below are examples of the recipe card provided to the children, social media ad, list of ingredients in kit, other class list, and evaluation

MACARONI AND CHEESE



INGREDIENTS

1 16 ounce bag or box of pasta
(elbow macaroni or penne rigate
work well)
2 TBS butter
2 TBS flour
2 cups milk
2 cups chicken broth (can also use 2
cups water and 2 tsp chicken bullion)
2-3 cups shredded cheese
(combination of Mozzarella, cheddar,
and Colby is my favorite)
1/2 cup powdered Parmesan Cheese
1 cup seasoned bread crumbs
2 TBS butter

INSTRUCTIONS

Cook pasta according to package directions. While pasta is cooking begin roux by melting 2 TBS of butter in a large skillet. Once butter is melted, add flour and stir until flour absorbs butter. Cook for 30 seconds on medium-high heat. Slowly add milk to flour mixture mixing vigorously. Continue to whisk, trying to eliminate lumps until mixture starts to thicken. Mixture should be pretty smooth at this point. Slowly add broth (or water and bullion) to the pan. Whisk well and continue to cook until thickened. Add cheese to mixture, add as much as you desire up to 3 cups.

Drain noodles and then mix noodles and sauce together. Pour into a greased 9 x 13 pan and sprinkle Parmesan Cheese over the top.

Melt 2TBS butter and add 1 cup seasoned bread crumbs, mix well. Spread this evenly on top of pasta and cheese. Bake at 350 degrees for 15-20 minutes until top is lightly browned and pasta is bubbling.



Green Apron



REGISTER AT 4H.ZSUITE.ORG



PICK UP SUPPLIES AND SWAG



TUNE IN AND COOK ALONG

*January 20th
at 6:00 pm*

HOMEMADE
MAC & CHEESE

Items in Mac and Cheese Kit

Bag of elbow macaroni

Can of chicken broth

Canister of Italian breadcrumbs

Whisk

Past Class Ideas

Creative Crescent Rolls

Muffin Magic

Pizza Perfection

Apple Crisp

Ultimate Quesadillas

Charcuterie

Cocoa Bombs

Homemade Mac and cheese

No Bake Healthy Snacks

Mini Waffle Maker

Calzones

Evaluation

Green Apron Classes 2021

We would love to hear your thoughts about our Green Apron Classes. We are looking for ways to improve the program and offer topics that are most interesting to your children, so please share any thoughts you have with us!

1. How satisfied are you with the experience your child(ren) had in these classes?

Mark only one oval.

1 2 3 4 5

Very Dissatisfied Very Satisfied

2. How satisfied are you with the instructor of this class?

Mark only one oval.

1 2 3 4 5

Very Dissatisfied Very Satisfied

3. How often has your child(ren) used the skills learned in the Green Apron classes?

Mark only one oval.

1 2 3 4 5

Never Often

4. How would you rank the amount of knowledge your child(ren) gained from this class?

Mark only one oval.

High, most of the information was new to them.

Medium, they knew some of the information but still learned new things.

Low, they didn't learn much.

5. What recipes or cooking skills would your child(ren) like to learn in a Green Apron Class?

6. How could we make the Green Apron process easier? (picking up kits, sending links, during classes, etc.)