

## **Ethel's Famous Mac and Cheese by Deborah Lytton**

In my novel, *Jane in Bloom*, Ethel makes her Famous Mac and Cheese to comfort Jane. And later, Jane makes Ethel's Famous Mac and Cheese for her dad.

Here's the recipe they used:

### Ingredients:

2 cups elbow macaroni  
1 cup grated Cheddar cheese  
1 cup grated Jack cheese  
¼ cup parmesan cheese  
½ cup breadcrumbs  
2 cups of milk  
3 tablespoons butter  
Salt  
Pepper  
Paprika  
1 tablespoon mustard  
½ cup breadcrumbs

### Preparation:

1. Preheat oven to 350°.
2. Grease baking dish.
3. Boil 6 cups of water and a dash of salt.
4. Add two cups of macaroni.
5. When slightly tender, drain and set aside.
6. In pot, melt 2 tablespoons butter. Stir while gradually adding 2 tablespoons flour. Stir continually until smooth and light brown.
7. Add in 1 cup milk, 1 tablespoon mustard, and a pinch of paprika.
8. Simmer 10-15 minutes, then stir in 1 cup Jack and ½ cup Cheddar cheese.
9. Salt and Pepper to taste. Add remaining ½-1 cup of milk if necessary.
10. Stir in macaroni.
11. Pour mixture into baking dish. Cover with remaining Cheddar cheese.

12. In pan, melt 1 tablespoon butter. Add in  $\frac{1}{2}$  cup breadcrumbs and  $\frac{1}{4}$  cup parmesan cheese.
13. Sprinkle mixture over top of macaroni.
14. Bake until breadcrumbs brown. (approx. 15-20 minutes)
15. Serve with a heaping spoonful of comfort.

Enjoy!

Deborah Lytton♥