



NOTES

Freshness: Block cheese is aged for two weeks before reaching restaurants, so it retains its natural flavor and aroma. Pre-shredded cheese is mass-produced and contains preservatives to maintain its freshness.

Authentic flavor and texture: Block cheese typically has a more authentic flavor and texture than pre-shredded cheese.

Cost: Block cheese is generally cheaper than pre-shredded cheese. **Fewer additives:** Grating your own cheese avoids additives like anti-caking agents and mold inhibitors that are added to pre-shredded cheese. **Better melting:** Cheese you grate yourself melts better than pre-shredded cheese.

Dry mustard adds a tanginess and moderates the richness of the cheese sauce through its acidity

Fontina has excellent melting and adds a rich, nutty flavor

Seasoned Salt- salt enhances flavor

it is made of salt, black pepper, paprika, garlic powder, onion powder, and cayenne=

macaroni noodles- their elbow shape creates small pockets and crevices that effectively trap and hold a generous amount of cheese sauce, providing a rich, creamy texture in every bite; the hollow center also helps the pasta cook evenly and absorb the sauce well.

Cornstarch creates a smooth texture to thickening
Roux- 1:1 ratio flour to fat- thickening agent

Adding warm milk to the roux with mace and bay leaf keeps butter warm, allows for better mixing

SPEECH

Ladies and gentlemen, thank you for gathering here today as I share with you the reasons behind our beloved macaroni and cheese recipe, "Scratch That." This dish is not just a meal; it's a celebration of flavors, textures, and culinary wisdom that takes us back to the essence of comfort food. Let's delve into the five key areas that highlight why this recipe stands out.

1. The Quality of Ingredients**

First and foremost, we emphasize the importance of fresh cheese. We created our own mascarpone and ricotta cheese by adding lemon juice to whole milk and heavy whipping cream. This allowed us to get great melting and delicious full flavor. Also, using block cheese over pre-shredded varieties. Block cheese is aged for two weeks, allowing it to develop a natural flavor and aroma that is simply unmatched. In contrast, pre-shredded cheese is mass-produced and often contains preservatives to prolong its freshness. By opting for block cheese, we ensure that every bite of our mac and cheese is packed with authentic taste and quality.

2. Authentic Flavor and Texture**

Speaking of authenticity, block cheese provides a richer flavor and a more satisfying texture than its pre-shredded counterparts. When we grate our own cheese, we unlock a depth of taste that enhances the overall experience of the dish. The creamy, gooey texture we achieve is what makes macaroni and cheese a timeless classic.



SPEECH

3. Economic Considerations**

One might wonder about the cost of ingredients. Surprisingly, block cheese is generally more affordable than pre-shredded options. By choosing to grate our own cheese, we not only save money but also avoid unnecessary additives. Pre-shredded cheese often contains anti-caking agents and mold inhibitors, which we can easily sidestep by doing the grating ourselves, resulting in a cleaner, more wholesome dish. Also, mascarpone is 4x as costly as cream cheese in the store but we were able to make it for about \$1. Our ricotta cheese was made with 1/2 gallon of milk which was \$3.09. This provided over a cup of ricotta for \$1.50. We can also use the whey for other items as it is full of protein. Perhaps some pizza dough!

4. Enhancing Flavor with Additional Ingredients**

To elevate our macaroni and cheese, we incorporate a bechamel which includes bay and mace, this gives us a bit of a nutty flavor that enhances the overall profile of our dish. We also include seasoned salt, a blend of salt, black pepper.

5. The Perfect Pasta and Creaminess**

Lastly, let's talk about the star of the dish—the macaroni noodles. Their iconic elbow shape creates little pockets and crevices that effectively trap and hold our luxurious cheese sauce, ensuring that every bite is rich and creamy. The hollow center allows the pasta to cook evenly, absorbing all the flavors. This combination of factors results in an irresistibly creamy texture that makes our macaroni and cheese truly unforgettable.

DESCRIPTION

Experience rich comfort with our creamy, nutty macaroni and cheese. Each bite features perfectly cooked pasta in a velvety sauce. Perfect for family dinners or gatherings with friends. Everyone will love this ultimate comfort food.

**MAC
DOWN**

COOKING

CHAMPIONSHIP



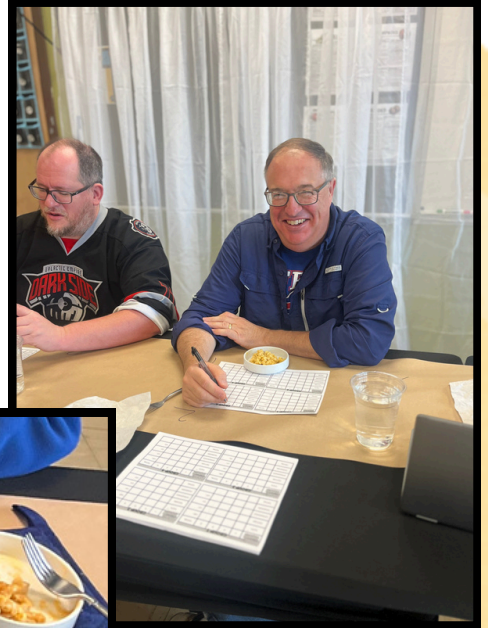
MAC DOWN

Championship



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Championship



GROUP 1

	1	2	3	4	TOTAL
MAC DOWN TASTE					x4=
TEXTURE					x1=
APPEARANCE					x1=
TEAMWORK					x2=
TOTAL					

GROUP 2

	1	2	3	4	TOTAL
MAC DOWN TASTE					x4=
TEXTURE					x1=
APPEARANCE					x1=
TEAMWORK					x2=
TOTAL					

GROUP 3

	1	2	3	4	TOTAL
MAC DOWN TASTE					x4=
TEXTURE					x1=
APPEARANCE					x1=
TEAMWORK					x2=
TOTAL					

GROUP 4

	1	2	3	4	TOTAL
MAC DOWN TASTE					x4=
TEXTURE					x1=
APPEARANCE					x1=
TEAMWORK					x2=
TOTAL					

MAC DOWN



We are proudly present this certificate to

Annual Kenmore East Mac Down winner for outstanding performance, skill, and creativity in the creation of the best rated Macaroni and Cheese Dish.

Kimberly Schildwaster
Kenmore East
FCS Department Chair

Liliana Billi
Kenmore East
FCS Educator