

## Frequently Asked Questions about Trini Macaroni & Cheese

### 1. What is evaporated milk? Is it even a real dairy product?

**Great question! We wondered the same thing, so we checked and this is what we learned:**

Evaporated milk is cow's milk that has had about 60% of its water removed through heating, making it a concentrated and creamy product without any added sugar. This process gives it a slightly caramelized flavor and longer shelf life, and it can be used in cooking and baking as a substitute for regular milk or cream. It is typically sold in a can, is homogenized, and sterilized for preservation.

### 2. Do you have to use sour cream?

No! We added that to make our dish more creamy and to add another dairy component. You can leave it out or substitute Greek yogurt.

### 3. Does it matter what kind of cheese is used?

Another good question! No, we used sharp cheese instead of the New Zealand cheese in the original recipe. You can substitute with your cheese of choice.

### 4. Is there a way to make this recipe healthier?

Yes! You can add grated carrots, squash, sweet potatoes, or other vegetables to your recipe to add some additional vitamins and it will still taste great.