



Comfort-in-a-Bowl Pimento Mac and Cheese

By Dylan Sabuco

Prep Time 5 / **Cook Time** 20 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

mix: to thoroughly combine two or more ingredients until uniform in texture.

Equipment

- Large pot
- Colander or strainer
- Large skillet with lid
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Large mixing bowl
- Wooden spoon

Ingredients

Comfort-in-a-Bowl Pimento Mac and Cheese

- 4 C water

- 2 tsp salt
- 2 C dried elbow macaroni or cavatappi pasta ******(for GLUTEN ALLERGY sub gluten-free/nut-free macaroni or similar pasta)
- 1 C or more pimento cheese OR 1/2 C cheddar cheese, 1/2 C cream cheese, and 1 tsp smoked paprika ******(for DAIRY/EGG ALLERGY see below)******
- 1/2 tsp ground black pepper
- 1 egg ******(Omit for EGG ALLERGY)******

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free/nut-free macaroni or similar pasta.

Dairy: For 1 C pimento cheese, substitute 1/2 C dairy-free/nut-free cheddar cheese + 1/2 C dairy-free/nut-free cream cheese + 1 tsp smoked paprika.

Egg: Omit the egg. Check the pimento cheese label for the presence of eggs or mayonnaise and follow the Dairy allergy substitutions if necessary.

Instructions

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intro

Pimento is a type of pepper that is often bright red with a sweet, mild flavor. It's commonly found inside green olives, making them tasty treats! People also use pimento in pimento cheese, a yummy spread many enjoy on sandwiches, especially in the South. This recipe will feature pimento cheese as the main ingredient in our skillet-baked Mac and Cheese.

measure + boil

Into a large pot, measure **4 cups water** and **2 teaspoons salt**. Bring to a boil. Once at a rolling boil, add **2 cups of uncooked macaroni**. Boil for 8 minutes. Drain the water, leaving the pasta and roughly **1/4 cup of water** in the pot.

measure + stir

In a large bowl, measure **1 cup pimento cheese** and **1/2 teaspoon black pepper**. Also, crack in **1 egg**. Stir until all the ingredients are fully combined. Then, gently pour in the pasta and water. Stir again until the cheese is smoothly incorporated. If adding **Crumbly Breadcrumb Topping**, make that now, then continue to step 4.

bake + serve

Pour the mac and cheese mixture into a large skillet. Then, sprinkle the top with the **Crumbly Breadcrumb Topping**. Cover the mixture with a lid and cook on the stovetop for 8 minutes over medium-low heat. Scoop heaping spoonfuls of the mac and cheese into bowls and enjoy!

Featured Ingredient: Pimento Cheese!

Hi! I'm Pimento Cheese!

"I'm a spread made of cheese and pimentos! You can put me on crackers and veggies, like celery, and in sandwiches. I'm known as the caviar of the South!"

We know what cheese is, but what is a pimento (also spelled pimiento)? A pimento is a red, sweet, mild chili pepper. A small piece of red pimento is the bit of red you see stuffed into a green olive.

Pimento cheese originated in the early 20th century in the northern part of the United States. Recipes began to appear in print by 1908 for softened cream cheese or Neufchâtel cheese mixed with minced pimentos. Commercial spreads arrived in 1910.

After 1945, pimento cheese became less popular but remained associated with southern states.

Ingredients start with shredded cheddar cheese or a soft, creamy cheese, to which mayonnaise and jarred diced pimentos are added. Some recipes include cayenne pepper and Worcestershire sauce.

Pimento cheese sandwiches have been a mainstay of the food concessions at the Masters Golf Tournament, held in August, Georgia, since the 1940s!