

Seafood “Canary” Mac-n-Cheese (Fat Canary)

Aged Cheddar Sauce

For 2 cups of medium thick sauce

2 ½ Tbs butter

3 ½ Tbs flour

2 cups of 1/2-N-1/2 ½ tsp salt and several grinds of pepper

2 cups of aged cheddar grated

2 cups fregola

1 cup chopped scallion

Special Equipment Suggested:

A heavy-bottomed 2 ½ quart stainless saucepan for the sauce; a wooden spatula or spoon; a saucepan for the milk; a wire whisk.

The white roux

Melt the butter in the 2 ½ quart saucepan, then blend in the flour with a wooden spoon to make a smooth somewhat loose paste. Stir over moderate heat until the butter and flour foam together for 2 minutes without coloring more than a buttery yellow. Remove from heat.

Adding the ½ and ½.

When the bubbling stops, in a few seconds, pour in all but ½ cup of hot milk at once, whisking vigorously to blend thoroughly. Then whisk rather slowly over moderately high heat, reaching all over the bottom and sides of the pan, until the sauce comes to a simmer ; simmer 2 to 3 minutes, stirring with a wooden spoon and thinning out the sauce as necessary with dribbles of milk. The sauce should be thick enough to coat a spoon nicely. Whisk in the salt and pepper, tasting very carefully and adding more as needed. Reduce heat to low and incorporate grated cheddar whisking until smooth.

Cook fregola according to the package, drain and incorporate sauce and scallions. Top with sautéed seafood and tomatoes.

For a thicker or thinner sauce.

Thin Sauce, 1 Tbs flour and ¾ tbs of butter per cup of milk

Thick Sauce, 2 Tbs of flour and 1 ½ Tbs butter per cup of milk

First aid for a lumpy sauce, Push through a fine meshed sieve, then whirl in an electric blender, and finally whisk it over heat until it simmers a moment.