

Creamy Mac 'n' Cheese

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 30 minutes

Step 1: Making the "Cheese" Sauce

- 2 tbsp oil (coconut or grapeseed oil)
- 3 tbsp gluten-free flour
- 1/4 cup beer
- 1 3/4 to 2 cups non-dairy milk
- 1 tsp mustard powder
- 3/4 tsp onion powder
- 1/4 tsp garlic powder
- 1 tbsp light miso paste
- 1/3 cup nutritional yeast
- 3/4 tsp sea salt (or to taste)
- 1/8 tsp white pepper (or to taste)
- truffle oil (optional and to taste)

To start the sauce, melt the oil and add the flour. Note: We used a gluten-free flour (search Rouxbe for recipe) but regular all-purpose flour can be used instead. Let cook for a minute or so and then add the beer and whisk to combine. Then slowly whisk in non-dairy milk of choice, preferably unsweetened. Add just enough milk to reach a thick sauce-like consistency. Remember you can always thin it out a bit later.

Add the mustard, onion and garlic powder along with the miso paste and nutritional yeast and whisk to combine. Taste for seasoning, adding salt and pepper as needed.

If desired, add a few drops of truffle oil to finish.

Step 2: Cooking the Pasta

- 1/2 lb gluten-free pasta*

To cook the pasta, bring a large pot of salted water to a boil. Cook according to the package. For added flavor, add a couple of bay leaves to the pasta as it cooks.

*Note: If gluten is not an issue, regular pasta can be used instead.

Once the pasta has cooked, drain and place back into the pot.

Step 3: Finishing the Dish

Pour enough sauce over the pasta to create the desired consistency. If desired, you can add a bit of non-dairy cheese to finish.