

# Cooking with the Club

by Chef Robert Larios



## Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at [talkback@cityemployeesclub.com](mailto:talkback@cityemployeesclub.com).

# Noodling Around With Cheese

## The Larios Six-Cheese Mac and Cheese

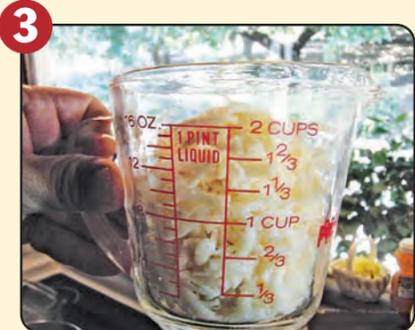
### DIRECTIONS:



Gather your ingredients.



Add the macaroni into a pot of boiling salted water. Cook for two to three minutes, just enough to soften the macaroni. Strain with a strainer, and place to one side.



Shred the gouda, Swiss, sharp cheddar and Muenster.



Get a giant a bowl and add the butter, cream cheese, sharp cheddar, Swiss, Muenster, whole milk, egg whites, salt, pepper, cayenne and garlic powder. Add macaroni.



Use a non-stick spray or butter to grease a square baking pan. Place mixed ingredients in the pan. Add any remaining cheese on top of the mac and cheese. Add also the Parmesan cheese, bread crumbs and parsley. Place in oven and bake at 350 F for one hour.



Take the pan out of the oven and let cool for 30 minutes before serving.

I know most of you have had macaroni and cheese sold in a box. It was a big hit with the powdered cheese, and then, when Ma and the manufacturers combined their efforts with the upgraded gooey processed cheese in a bag, it was an even bigger hit. I take nothing away from the convenience of these products, but if you are looking to taste rich and deep flavors, using real cheese is the way to go.

Most mac and cheese recipe call for just one cheese: sharp cheddar. While that is tasty, I've upgraded the traditional recipe to hold six cheeses! Yes, six cheese mac and cheese. The six are cream cheese, sharp cheddar, gouda, Swiss, Muenster and Parmesan. It may sound like cheese overload, but believe me, the combination works on your taste buds beautifully.

### The Larios Six-Cheese Mac and Cheese

#### INGREDIENTS:

- 2 cups elbow macaroni
- 1/4 cup butter, melted
- 1 cup cream cheese
- 1 cup sharp cheddar cheese
- 1 cup gouda cheese
- 1 cup Swiss cheese
- 1 cup Muenster cheese
- 1/2 cup Parmesan cheese
- 1 cup bread crumbs
- 2 cups whole milk
- 3 egg whites
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons fresh ground pepper
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- 1/2 cup dried parsley

**Cooking  
TIDBIT:**

Feel free to use other pasta shapes other than the tube-shaped variety. Shells, twists and ribbons work well.



Plate and enjoy!

### [ A Cook's Dictionary ]



#### Macaroni:

Legend has it that upon being served a dish of this food, an early Italian sovereign exclaimed "Macaroni!" meaning, "how very dear." This semolina-and-water pasta traditionally does not contain egg. Most macaronis are tube-shape, but there are other forms including shells, twists and ribbons. Most macaronis nearly double in size during cooking. The Italian spelling of the word is maccheroni.

— From the *The New Food Lover's Companion*,  
Sharon Tyler Herbst, 1995, Barron's Educational Series.



**Food Factoid:**

"Is this chicken, what I have, or is this fish? I know it's tuna, but it says 'Chicken of the Sea.'" — Jessica Simpson