

Old Fashioned Macaroni & Cheese

Fenelon Falls, Ontario

My grandmother was Margaret McRae Hart, this is her recipe, as recorded by her daughter Helen Adams.

Margaret was born to Donald McRae and Katherine McKenzie in 1891, Port Huron, Michigan. The family immigrated to Canada in 1916 and first settled just outside of Fenelon Falls. Margaret was married in 1918 to George Hart, a labourer, from Manvers Township.

I was too young when Grandma Hart passed for me to remember her making mac and cheese. My experience comes from my Aunt Helen. Anytime she invited my parents and I for supper and asked what we wanted, the answer was always the same, "mac and cheese, please!"

The secret really is the dry mustard and the canned milk!

Recipe

Submitted by Lisa Hart

Ingredients

1 1/2 cups elbow macaroni
4 cups boiling salted water
1 teaspoon oil, margarine or butter (it helps to keep it from boiling over)
1 small chopped onion
2 cups diced cheddar cheese (old nippy, either white or yellow or combine)
1 teaspoon dry mustard
2 cups milk (I use canned milk and it does make the taste different, you can use original milk or 3/4 canned milk to 1/4 water)

Cook the pasta (with salt and butter) for 10 to 12 minutes (just until it starts to get tender), remove from heat.

Mix in the onion and dry mustard.

Have a 2- quart casserole dish well oiled. Put in a layer of macaroni and a layer of cheese until the dish is full.

Pour milk over.

Cook 45 minutes to 1 hour at 325- 350 degrees Fahrenheit until it boils and gets brown on top.

