

MACARONI & CHEESE

Last Modified: 02/18/2014

PREP: 10 Min
COOK: 10 Min
PRESSURE COOKER

F EASY

PRESSURE COOKER

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Box Dried Elbow Macaroni	Cooked
OR			
1	Pound	Box Dried Sea Shells	Cooked
2	Tbsp	Salted Butter	
1	Tbsp	Yellow Mustard	
1 +/-	Tsp	Sriracha Hot Chili Sauce (Huy Fong)	To Taste
2	Tsp	Sodium Citrate	
1	Tbsp	Kosher Salt	
3 1/2	Cups	Water	
1	12 Oz	Can Evaporated Milk	
1	Pat	Salted Butter	
2	Cups	Extra Sharp Cheddar Cheese	Shredded
2	Cups	4 Cheese Mexican Blend	Shredded

OPTIONAL

6	Oz	Parmesan Cheese	
1	Cup	Panko Bread Crumbs (Kikkoman)	

PREPARATION

FACTOID	This recipe makes a relatively runny Mac & Cheese - Once it begins to cool, it will thicken a bunch. After thickening, if you like a thicker or thinner sauce, add less or more Evaporated Milk in the last step - N O T less or more Water at the beginning.
CAUTION	Cheese burns easily in a pressure cooker over high heat - You may have to adjust the time after adding in the Cheeses so that it just barely melts.
FACTOID	Garry gave me a little Sodium Citrate. I first tried 2 teaspoons of it with the 4 cups of Cheese..... Worked GREAT! A Cheese Sauce that re-heated without glopping up.
TOOLS	1) Medium Mixing Bowl 2) Large Saucepan & Lid 3) 6.5 Qt Electric Pressure Cooker
PREP	DISH 1) Shred the Cheddar Cheese and set it aside. 2) Shred the Mexican Blend Cheeses and mix them into the Cheddar Cheese.
1	Turn the pressure cooker to Brown. Add in the Butter and allow it to just melt. Turn off the pressure cooker and stir in the uncooked Pasta until it is coated with the melted Butter.
2	Meanwhile in a medium mixing bowl, add the Water, Mustard, Hot Sauce and Salt and stir until mixed thoroughly.
3	FOR MEDIUM SEA SHELLS & CUT MACARONI: Add in the Liquid Mixture and stir the Shells to coat them evenly. Lock the lid on and cook them on high pressure for 9 minutes.
3	FOR ELBOW MACARONI: Add in the Liquid Mixture and stir the Macaroni to coat them evenly. Lock the Lid on and cook them on high pressure for 8 minutes.

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4	In a large saucepan over medium heat, add in the Evaporated Milk and Sodium Citrate, Whisk until the Citrate has dissolved (It WILL lump up a bit). Once it begins to bubble, lower the heat to medium and begin adding in the Cheeses by the handful while stirring, once each melts, add in another handful. Once it is all creamy, add in the Pat of Butter & stir until melted.
5	Turn off the pressure cooker and quick release the pressure. Open the Lid (leaving in any remaining liquid). Slowly stir in the Evaporated Milk Mixture until mixed together thoroughly.
6	Lock the Lid back on the Pressure Cooker and start bringing it up to low pressure until steam just starts to be released. Turn off the Pressure Cooker and quick release the pressure. Stir the Mixture well and allow it to thicken for 5 minutes.
SERVE	Place in a serving bowl and serve while hot.
CAUTION	Leaving the pressure cooker to heat for too long (even on low) will burn the bottom of the pot. It only takes about 1 to 2 minutes for steam to begin coming out.
OPTION	You may optionally add the pressure cooked Mac & Cheese into a glass baking dish, Sprinkle the top with Panko Bread Crumbs and Parmesan Cheese and broil it until the Bread Crumbs are lightly browned. WATCH IT CLOSELY - Bread Crumbs under a broiler take only seconds to go from a gorgeous tasty brown to a horrid ugly black.