



Welcome | Login | Register

macaroni and cheese

COOKING

- Baking
- Cooking Guides
- Cooking Demos
- Cooking For Kids
- Culinary Q&A
- Encyclopedia
- Holiday Baking
- International Cooking
- Recipe Collections
- Recipes of the Day



Find a TV Show

Select a TV Show

[Today's TV Schedule](#)

Find an Episode

Choose a show

Episode Topic

Enter Topic

Or was shown during

Select week

Sponsor Recommendations

Home > Recipes

Macaroni and Cheese

Recipe courtesy Emeril Lagasse, 2006
Show: [Emeril Live](#)
Episode: [Hot Licks](#)



Recipe Summary

Difficulty: Easy
Prep Time: 20 minutes
Cook Time: 1 hour 15 minutes
Yield: 6 to 8 servings

USER RATING



- 2 tablespoons olive oil
- 1/3 cup diced pancetta
- 1/2 cup small-diced onion
- 1 teaspoon minced garlic
- 2 tablespoons butter
- 5 tablespoons all-purpose flour
- 3 cups half-and-half or milk
- 3/4 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon fresh ground nutmeg
- 1 pound small shell pasta, cooked al dente
- 4 ounces grated Parmigiano-Reggiano
- 4 ounces grated white Cheddar
- 4 ounces grated Gruyere
- 4 ounces grated fontina
- 1/4 cup bread crumbs
- 1/2 teaspoon Essence, recipe follows

Preheat the oven to 350 degrees F.

Set a large, wide-mouthed 6-quart pot over medium heat. Add the olive oil and pancetta to the pot and cook the pancetta until lightly browned, 3 to 4 minutes. Add the onions and garlic to the pan and cook until translucent, 3 to 4 minutes. Add the butter and flour to the pot and cook, stirring, for 3 minutes. Add the half-and-half to the pot and whisk until smooth. Bring to a boil then reduce the heat to a simmer. Season with the salt, white pepper and nutmeg and cook for 3 minutes. Add the pasta to the pot and remove from the heat. Add the grated

• [Product Of The Day SWEEPSTAKES!](#)

cheeses to the pot and stir to combine well.

Transfer the contents of the pot to a 3-quart baking dish. In a small bowl, combine the bread crumbs with the Essence and sprinkle over the top of the macaroni. Bake uncovered until golden brown and bubbling, 40 to 45 minutes.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Combine all ingredients thoroughly.

Yield: 2/3 cup

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch, published by William Morrow, 1993.

Other Recipes from this Episode

- [Blood Orange Mojito](#)
- [Thai Marinated, Skewered and Grilled Jumbo Shrimp](#)
- [Chili-Lime Fried Chicken Wings](#)
- [Seared Petite Lamb Chops with Rosemary Balsamic Reduction](#)

More Recipes Like This

- [Icon's Ultimate Macaroni and Cheese with Molten Cheese Sauce](#)
- [Macaroni and Cheese in Parmesan Cups](#)
- [Kid Pleasin' Fried Chicken and Quince Jelly over Macaroni and Cheese and Mashed Potatoes](#)
- [Baked Macaroni and Cheese](#)
- [Slimmed Down Macaroni and Cheese](#)

[Italy's Best Garli](#)

The most outrage garlic bread recip
www.GarlicValley

[10 Rules Losing](#)

Lose 9 lbs every
10 Idiot Proof Rul
www.FatLoss4Idi



Recipe: The Best Chocolat

Recipe: Martha Stewart's M

Sunday Supper: Boeuf Bou

S

-
-
-
-
-

Browse	Recipes & Cooking Holidays & Parties Quick & Easy Healthy Eating Travel TV Shop Videos Kitchen Des
Site Services	My Recipe Box Newsletters Video On Demand Make Us Your Homepage
Learn More	About Us Site Map Questions Advertising Privacy and CA Privacy Rights Terms of Use Infringements
Sister Sites	DIY FINE LIVING HGTV Great American Country HGTVPro HGTV Kitchen Design Recipezaar FrontDoor.com Real Estate Comparison Shop for Home Gifts & Patio Furniture at Shopzilla & BizRate UpMyStreet and uSwitch.com provide UK comparison services for Energy , Home Phone , Broadband , Credit Cards , Loans , Mobile Phones and Car Insurance

© 2008 Scripps Networks, LLC. All rights reserved.