**Macaroni cheese**

Serves 4

* 350g macaroni
* 1-2 tbsp white breadcrumbs
* 1-2 tbsp freshly grated Parmesan cheese
* For the white sauce
* 600ml milk
* 1 onion, roughly chopped
* 1 bay leaf
* 6-8 peppercorns
* Handful of parsley stalks
* 50g butter
* 50g plain flour
* Salt and white pepper
* 250g mature Cheddar cheese, grated
* 1 tsp made English mustard, optional

1. Set the oven to 200°C/400°F/Gas Mark 6.
2. To make the white sauce: Pour the milk into a pan and add the onion, bay leaf, peppercorns and parsley stalks. Place the pan on the hob and bring to the boil. Remove the pan from the heat and leave the milk to infuse for 30 minutes. Strain the milk into a jug, discarding the flavourings.
3. Melt the butter in a clean pan. Tip in the flour and mix well until it binds together to form a thick paste. Cook the paste for 1-2 minutes over a low heat to cook the flour, but not to colour it.
4. Gradually add the infused milk, beating well all the time it’s cooking and allowing the mixture to come to the boil between each addition of milk.
5. Once all the milk has been added, simmer the sauce for a few minutes and season to taste with salt and white pepper. The sauce can be used immediately.
6. Cook the macaroni in boiling water for about 12 mins, or according to the packet instructions, until it’s just tender. Drain it well.
7. Stir the Cheddar into the white sauce and then the mustard, if using. Add the pasta and mix well, turn the mixture out into an ovenproof dish.
8. Scatter the breadcrumbs and Parmesan over the top of the macaroni. Bake it in the centre of the oven for 20-30 mins, or until its light golden and the sauce is bubbling at the edges. Serve immediately with a freshly made salad.