



## Stars of the Sea Mac and Cheese

by Chef Michelle Washington Wilson

### Ingredients

- 2 quarts of water
- 1 pound package elbow macaroni
- 1 quart milk
- 12 ounces (3 sticks) butter
- 1 cup all-purpose flour
- 1 tablespoons dry mustard
- 2 tablespoons Old Bay seasoning
- 2 tablespoons smoked paprika
- 2 tablespoons prepared mustard
- 1 pound cleaned and cooked frozen shrimp, tails removed
- 12 ounces cooked snow crab legs, shells removed
- 8 ounces sea scallops
- 8 ounces lobster meat

Choose three to five varieties of cheese for best flavor:

- 8 ounces sharp cheddar cheese
- 6 ounces American cheese
- 6 ounces Cooper sharp cheese
- 6 ounces sharp provolone
- 6 ounces swiss cheese
- 4 oz Velveeta or other smooth melting cheese
- 6 oz pepper jack or Monterey Jack
- 6 oz gruyere cheese

Scan the QR code to watch how to make this and other recipes.



### Directions

1. Cut cheeses into medium-sized chunks, about the size of dice.
2. Preheat oven to 350 degrees.
3. In a large pot heat 2 quarts of water, bring to a boil.
4. Add 1 tablespoon Old Bay seasoning.
5. Stir in elbow macaroni.
6. Add 2 ounces (4 tablespoons) of butter.
7. Boil pasta for 2 minutes until still firm to the bite. Let the pasta sit in seasoned water about 5 more minutes to absorb flavor.
8. Drain pasta, do not rinse. Set aside.
9. Melt 8 ounces of butter (2 sticks or 16 tablespoons) in a 2-quart saucepan.
10. Add the flour slowly, about 2 tablespoons at a time, stirring to form a roux, a combination of flour and butter that has the consistency of wet sand. Cook until combined and still light, a “blond roux.” Do not let the roux brown, as you are making a white sauce.
11. Add the milk 1 cup at a time until sauce is thick enough to coat the back of a spoon without dripping off.
12. Add cheeses one at a time, reserving some chunks of cheese. Stir until melted.
13. Add smoked paprika, dry mustard and prepared mustard. Blend.
14. In a separate pan, add 2 ounces (4 tablespoons) butter, add cooked shrimp, add remaining Old Bay seasoning.
15. Add scallops, cooking about 90 seconds or until just opaque.
16. Mix all together in a large mixing bowl, including the liquid from seafood.
17. Add remaining chunks of cheese to mixture.
18. Press into a casserole dish, press half the crabmeat and lobster meat into the mixture, mix lightly to blend, but carefully, do not break up the crabmeat.
19. Add remaining lobster and crabmeat on top as garnish.
20. Bake in a 350-degree oven until golden brown on top and edges are bubbly. Do not over bake or cheeses will melt and appear greasy. Serve hot. Yields 5-8 portions.

Share Your Foodways is a project of the Division of Folklife and Cultural Heritage at the Arts Institute of Middlesex County, New Jersey, with support from the Middlesex County Board of County Commissioners, the New Jersey Folk Festival, the New Jersey State Council on the Arts, a partner agency of the National Endowment for the Arts, and the National Endowment for the Arts.