
Kardea Brown's Southern Mac and Cheese

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Preparation Time: 25 minutes

Start to Finish Time: 1 hour

4 tablespoons unsalted butter, plus more for the baking dish

Kosher salt

1 pound elbow macaroni

1/4 cup all-purpose flour

2 cups whole milk

1/2 cup heavy cream, plus more if needed

4 ounces cream cheese

1 pound sharp Cheddar cheese, shredded

1 teaspoon granulated garlic

freshly ground pepper

2 large eggs

1/2 cup sour cream

8 ounces (1-1/2 cups) extra-sharp Cheddar cheese, cut into 1/2-inch cubes

Preheat the oven to 350 degrees. Butter a 9-x-13-inch or other three-quart baking dish.

Bring a large pot of salted water to a boil. Add the macaroni and cook, stirring occasionally, until al dente, about 7 minutes. Drain, then rinse with cold water.

Using the same pot that the macaroni was cooked in, melt the butter over medium heat. Add the flour and whisk until smooth.

While whisking constantly, slowly add the milk and then the heavy cream. Bring to a simmer, then add the cream cheese and all but 1/2 cup of the shredded Cheddar cheese and stir until melted.

Stir in the granulated garlic, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Remove the cheese sauce from the heat and stir in the macaroni. Season with salt and pepper.

In a small bowl, whisk together the eggs and sour cream. Fold into the mac and cheese. Spread the mixture into the baking dish, then fold in the cubed Cheddar and top with the remaining 1/2 cup of shredded Cheddar.

Bake until the mac and cheese just begins to brown on top, 20 to 30 minutes.

Loosely cover with foil and bake 10 to 15 more minutes.

Yield: 8 to 10 servings

Pasta

Per Serving (excluding unknown items): 5542 Calories; 338g Fat (54.9% calories from fat); 218g Protein; 406g Carbohydrate; 12g Dietary Fiber; 1429mg Cholesterol; 3677mg Sodium. Exchanges: 24 Grain(Starch); 18 1/2 Lean Meat; 2 1/2 Non-Fat Milk; 53 1/2 Fat.