



LUMINARI™

Camp Delicious!
Comfort Food Gets a Make-Over!

Who said comfort food can't be fancy?! Everyone's favorite – *mac-n-cheese* – gets an upscale twist with Chef Roger Levine, a culinary arts instructor and well-respected expert in the culinary community. Step inside Chef Roger's kitchen for step-by-step instructions to put a delicious spin on this classic dish!

TRANSCRIPT

Chef Roger Levine:

My name is Chef Levine, and I want to welcome all of our Camp Delicious family and all the supporters of Luminari, from my kitchen to your kitchen.

I want to eat macaroni and cheese. And I want to make it a *gourmet* macaroni and cheese and that's what how we can elevate the dish. So that's what we're going to do today the macaroni that we're using is called orecchiette. And I kind of want you to see this for Italian for a little year. And I'll show this camera as well. But it almost looks like pistachio nuts, and why it's really good as it has these ridges on the outside, and it's also kind of hollow. So the cheese can sticks to the pasta it's really an incredible dish. So that's the pasta that we're using today. I have a little over eight ounces of pasta in this pot. It takes about 12 minutes for this particular pasta to cook, so it'll be cooking while we're demonstrating everything else.

We're going to make the topping for the macaroni cheese and the bread top the topping is, is basically bread crumbs or panko crumbs, which is what I had in the house. So that's what we're using. I took four tablespoons of unsalted butter, and we're going to take the panko crumbs and the reason I have unsalted butter in the house as opposed to salted those kind of which one should you buy. The unsalted obviously has no salt in it, and the salted has salt. So the salted butter can last about five months in the refrigerator and the unsalted about three months. But why the unsalted is popular with a lot of people that cook it because people like to add salt to the dishes and especially if you're doing baking, and has a huge effect because you have salt in the butters and you're altering the, the recipe requirements. So I just go on salted for everything. And what I'm going to do is going to take these bread crumbs these panko crumbs, put them in a bowl. About a quarter cup of the, of the panko crumbs set this back here. And one tablespoon of butter. We're gonna save the rest and just mix it in with our pasta. And I'm just going to take these and I'm going to mix this together just trying to get a little coating, give a little moisture.

Now, I have this big pot. This big pot, we're going to assemble everything for this pasta which the pasta should be ready in about nine minutes. But I preheated the oven to 375 degrees. Give this a little stir so it doesn't stick. I did lightly salt the water, as well.

So I wanted to add this butter to this pot. We're going to heat that up. This goes in the sink. And we're going to add a quarter cup of flour to this, just slowly added kind of mix it in. It comes out, it almost looks like a thick paste. You're taking the flour and you're taking this to butter three tablespoons of butter, mixing it together and it kind of comes down to the paste to this you want to add three cups of milk. You can use any type of milk you want, I wouldn't recommend heavy cream, because it's just too thick. I happen to have in my refrigerator skim milk. Three cups and I want to add this slowly to the pot because you don't want to scorch the milk. So that about half a cup of it. Lately stir it.

And there's three cheeses that we're going to be added to the this mixture, we're going to be adding Gruyere, which is like a Swiss cheese, which has a really wonderful flavor it's a little bit more hardy than just Swiss. We add Monterey Jack. We also have a sharp cheddar. Now traditionally I would use a white. I like all white cheeses, but I was at the store and not ever my whole selection wasn't there. So they had sharp cheddar so I grated the sharp cheddar for this particular recipe. The flavor is still going to be there. So let me warm this up a little bit. Raise it eat up a tiny bit.

So I say, I would love to hear different ideas that you have for what your ideas of comfort food is. And I think part of it is the fact that we all like the same things, and they're not that different. It's all comfort food. It makes us feel secure, it's food that we had grown up as kids. You're gonna make traditions of this. So I'm just going to pour the rest of the milk in. Can you heat that up? I'm going to save a little bit of the cheese so I'm going to add in, I want to add some seasoning on here. So I'm going to add in some fresh ground pepper. About a quarter teaspoon. And some fresh ground salt, the same amount about a quarter teaspoon. And I also want to put a little cayenne pepper in. We found this one cayenne pepper, it has like a smoky flavor, which, which I love.

So we put about a quarter teaspoon of that in as well as a wonderful flavor kind of gives it a little gives it a little, a little kick. So stir that up as well. Incorporate all the flavors together. And then we're going to take the cheese. And it's about a quarter cup of Monterey Jack cheese, all shredded just throw the whole thing in. The Gruyere. I want to pour most of it in. But I want to keep a little bit, put on the top with the breadcrumbs kind of give it a little cheese coating. And the same with the sharp cheddar cheese. Leave some of that on the top as well.

The pasta's done. So I want to take the pasta. Shut off the oven. Drain this pasta. It's a little excess water off because we have a lot of liquid still with the milk. I'll put this right here for you to see. It's beautiful. Again, it means 'little ears' and it has that distinct look.

This is starting to thicken up a little bit, which is nice. So I'm going to get the pan ready, to bake just taking a vacation this year and I'm going to spray it, just to make the cleanup a little bit easier. I'm not like the TV celebrities where I have a staff in the back doing all my pots and pans

for me. I've been doing myself so I want to make sure it's as easy as possible. Spray that. We take this pasta and we incorporate it into the mixture that we made here.

Just mix all that together, pour this into the dish, get every last morsel out of that. Shut off this burner. And then I'm going to top it with the breadcrumbs, scattered around. I like to do a little bit of layers because some of it seeps in and I like to get that crunch when you're eating it. Put some more of the Gruyere on top. This again is a 375 degree oven, and you want to cook it for about 20, 25 minutes. Not all the ovens are the same, so I usually, you got to check in on it to make sure it's doing okay. And finish up the breadcrumbs. And I'll pop this in the oven, again for 20, 25 minutes, and 375 degrees. And we'll come back and we'll eat some macaroni and cheese.

Welcome back, it's been 25 minutes, and the macaroni, the place smells incredible. I wish we had smell-o-vision. Sorry, it's an old cliché but it does smell incredible here. So it's hot. So let me shut the oven off. Fill the steam up my glasses. Look at that. Look at it just bubbling away. Sorry, scoop out a little so you can kind of see what it looks like. See what I mean with the crust with the panko crumbs? Just kind of gives that nice bite to it.

Now I'm not going to be brave and taste it for you and do that wonderful eye roll and say it's amazing, I know it's amazing. Maybe I'll try it. Can you see that crust, I'll show both cameras.

Mmmmmmm! Ready for the eye roll? This is so good! I cannot wait to have dinner tonight.

Thank you so much for joining me in my kitchen I'm Chef Roger, and I hope to see you soon.

Learn more about *Camp Delicious!* and other Luminari camps for teens at www.luminari.org