Mac & Cheese

This recipe uses sodium citrate which is a salt made from citric acid (they are not interchangeable though). Sodium citrate lowers the melting point of the cheese and allows the fat and water to mix which makes the process of making it into a sauce super simple. You should be able to substitute any kind of cheese in place of cheddar. Shredding your own cheese will work best because the preservatives in bagged shredded cheese will work against the emulsification process created by the sodium citrate.

We have used the same recipe with pepperjack instead of cheddar, and beer instead of milk, to make queso. It is really just a way of making a cheese sauce that stays liquidy. Robert Kraft used a similar method to make the original Kraft Mac and Cheese.

Ingredient	Weight	Volume
Milk	265g	1 & 1/8 Cup
Sodium Citrate Salt	11g	
Cheddar Cheese	285g	4 Cups
Dry Macaroni	240g	2 Cups

1. Weight measurements are recommended by original recipe source, but you can use volume if you can't/don't want to use a scale

1. Whisk together milk and sodium citrate in a sauce pot and bring to a simmer (really it just needs to be warm)
2. Gradually add cheese to milk/salt mixture while whisking (optionally blend with immersion blender for extra smoothness)
3. Add cheese sauce to cooked macaroni
4. Optionally add seasonings

Revision #5
Created 2021-08-10 16:27:29 UTC by Cody Nagel
Updated 2021-08-11 20:17:13 UTC by Cody Nagel