

# Shipwreck Creamy Mac and Cheese

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*3 tablespoons butter*  
*3 tablespoons all-purpose flour*  
*1/2 teaspoon ground mustard*  
*1/2 teaspoon garlic powder*  
*1 cup whole milk*  
*1 cup heavy cream*  
*2 cups shredded American cheese*  
*1 cup shredded cheddar cheese*  
*3 cups orecchiette pasta*  
*Kosher salt (to taste)*  
*freshly ground black pepper (to taste)*

In a medium saucepan at medium heat, melt the butter.

Once the butter is melted, add the flour and stir until well combined. Add the ground mustard and garlic powder and mix well.

In another saucepan at medium heat, combine the milk and heavy cream. Bring to a simmer.

Once the milk is hot, pour slowly into the flour mixture and combine with a whisk until smooth. Cook at medium-low heat until it thickens to a sauce-like texture, 5 to 8 minutes.

Add the shredded cheeses slowly. Stir until melted and well-combined.

Cook the pasta in salted water as instructed by the package.

Once the pasta is cooked, drain and reserve some of the cooking water. Combine the pasta with the sauce until well coated.

If the sauce is too thick, you may adjust with a splash of the reserved pasta water. Season with salt and pepper, to taste.

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Per Serving (excluding unknown items): 2669 Calories; 239g Fat (79.8% calories from fat); 94g Protein; 42g Carbohydrate; 1g Dietary Fiber; 784mg Cholesterol; 4494mg Sodium. Exchanges: 1 Grain(Starch); 11 Lean Meat; 1 1/2 Non-Fat Milk; 40 1/2 Fat.