

Macaroni Cheese (Chrys Horn)

Serves 4 people

Ingredients

- 2 packets tasty cheese sauce
- 400g macaroni
- 1 large onion or 50g dried onion flakes
- 100 g salami
- 100 g cheese to sprinkle

Method

On the tramp

1. If you are using dried onion then soak in boiling water, cover to keep warm.
2. Cook macaroni (and dried onion if you are using it) in a minimum amount of water and when done, drain off some of the water into a bowl in case you need to add it to the sauce
3. Chop the onion and salami and 'grate' the cheese
4. Fry the chopped onion and set aside. If using dried onion then add it to the macaroni mixture.
5. Add the sauce mixes to the macaroni mixture and stir until it thickens – add macaroni water if you need to thin the mixture.
6. Add the chopped or soaked onion and salami to the mixture and heat
7. Dish up, sprinkle cheese over each of the servings

Variations

- Keep salami out for a vegetarian meal. Where there are a mixture of people add the salami to individuals bowls with the cheese rather than to the pot.
- For long trips where weight matters you can add an extra tasty cheese packet and leave the cheese at home
- You can add vegetables to this recipe – either dried or fresh depending on weight considerations.

Chef's Notes

- Take no notice of the servings on the cheese sauce packets.
- Use 125g per person of macaroni for harder trips or one with more blokes, and 100 g per person for an easier trip, or one with more women.
- Warning: it's best not to add cheese to the mixture in the billy - it makes it horrid to wash, particularly in cold water!

Number of people	Two	Four	Six	Eight	Ten
Cheese sauce	2 packets	4 packets	6 packets	8 packets	10 packets
Macaroni	200g	400g	600g	800g	1000g
Fresh onion or flakes	1 small (25g flakes)	1 large (50g flakes)	2 medium (75g flakes)	2 large (100 g flakes)	3 medium (125g flakes)
Salami	50g	100g	150g	200g	250g
Cheese	50g	100g	150g	200g	250g