WHEAT-FREE/DAIRY-FREE

Macaroni &"Cheese" Casserole

3 quart/3L casserole dish (approx 30 x 9 x 2 inch)

Ingredients:

3 1/2 – 4 cups Uncooked NON-wheat elbow macaroni (i.e. buckwheat, quinoa or rice).
If you cannot find "elbow" macaroni in a non-wheat form, it's best to have a small "tubed" form of pasta. Large tubes tend to collapse. With un-tubed pasta you'll need more than the above listed amount.

3 1/2 cups Boiling Water

1/2 cup Buckwheat Flour (or some other NON-wheat flour option)

1/2 cup Olive oil

1/4 cup Grapeseed oil

2 Tablespoons Tamari Sauce (non-wheat soy sauce)

1 1/2 teaspoons Garlic Powder

1 teaspoon Salt (Himalayan Sea Salt is best)

1 cup Nutritonal Yeast Flakes

Optional ingredients:

1+ teaspoon of Minced Garlic (fresh or jar – fresh is more flavourful, thus less required)

Oat Bran crumbs

Pinch of Turmeric

Paprika

Sesame Seeds

Cook non-wheat macaroni pasta in separate saucepan while making the non-dairy "cheese" in another large saucepan. Place macaroni in casserole dish when cooked.

To make non-dairy "cheese":

Warm **olive oil** over low heat in large saucepan. Beat in **flour** with a wire whisk and continue to beat over a medium flame until the mixture (called a *roux*) is smooth and bubbly. Whip in **boiling water, salt, tamari sauce,** and **garlic powder** (optional at this point is to also add **turmeric** and/or **minced garlic** to taste). Beat well to dissolve the **roux**.

The sauce should cook until it thickens and bubbles. Then whip in **grapeseed oil** and **nutritional yeast flakes**.

Mix part of the sauce with the noodles in the casserole dish. Pour a generous amount of sauce over the top. If desired, lightly sprinkle top with **oat bran crumbs** and/or **sesame seeds** and/or **paprika**. Bake for 15 minutes in a 350F/160C pre-heated oven. Put under broiler for a few minutes until "cheese" sauce gets a bit crisp or light brown color.

Optional Extras

Experiment with adding vegetables like peas or chopped baby beans for extra colour and flavour.