



How to Make 1824 Macaroni & Cheese!

Ingredients:

- 2 Cups Water
- 2 Cups Milk (2% or Whole)
- 2 Cups Elbow Macaroni Noodles
- ½ Teaspoon salt
- 6-8 Ounces Parmesan Cheese (You can use any cheese you like, but parmesan, mozzarella, or cheddar work really well!)
- 2 Tablespoons unsalted butter

Steps:

1. Preheat the oven to 350° F
2. Add 2 Cups water and 2 Cups milk to a large pot and place on medium/high heat on stove. Stir periodically and watch closely so it doesn't boil over! Bring to a boil.
3. When water/milk comes to a boil add 2 Cups of Macaroni Noodles to pot. Be sure to stir well.
4. Boil noodles for about 9 minutes or until noodles are tender.
5. While the noodles boil, grate and slice the cheese!
6. Butter a baking dish
7. Once noodles are cooked strain the noodles from the pot, add salt and stir.
8. Begin layering macaroni noodles on the bottom of the prepared baking dish.
9. Place slices of cheese and some grated cheese on top of each layer. In between each layer of macaroni and cheese, add some butter! You will have between 2-3 layers of macaroni and cheese depending on how much macaroni you place in your dish and the size of your dish.
10. Bake the dish for about 10-15 minutes at 350° F. Keep an eye on it so it doesn't burn!
11. For the last minute in the oven set your oven to Broil to crisp the top of the macaroni dish.
12. Enjoy!

Notes:

- This recipe is from *The Virginia Housewife or, Methodical Cook* by Mrs. Mary Randolph. This book was published in 1824 in Washington, DC. and is often recognized as one of the first American cookbooks, as the recipes originated in American kitchens, leaving behind the more British traditions, ingredients and cooking methods.
- Original Recipe:
 - "Boil as much macaroni as will fill your dish, in milk and water, till quite tender; drain it on a sieve, sprinkle a little salt over it, put a layer in your dish, then cheese and butter as in polenta, and bake it in the same manner."
- Modern recipe books will divide out how much ingredients are needed for the recipe, give you the amount of time you need to boil, bake, etc. Historic recipe books are much different! These types of recipes began in about the 1920s.
- Primary Sources and Secondary Sources!
 - Primary Source: A source from the time period. Provides raw information and first-hand evidence. Examples: Declaration of Independence, Photographs, Letters, Cookbooks from the time period you are researching!
 - Secondary Source: A document with second-hand information and commentary from other researchers. Books written about history or other information.
- Thomas Jefferson really enjoyed macaroni and cheese, and preferred to use parmesan cheese!
- https://www.facebook.com/watch/live/?v=235543421069139&ref=watch_permalink