

Three Cheese Mac and Cheese

Ingredients:

3/4 pound penne
1 1/2 cups heavy cream or half-and-half
2-3 tablespoons finely chopped sweet onion
2 garlic cloves, minced
2 tablespoons all purpose flour
5-ounce log goat cheese
3 ounces sharp white cheddar, shredded
1/2 cup packed freshly grated Parmigiano-Reggiano
2 tablespoons sour cream
3/4 teaspoon lemon zest
1 1/2 teaspoons chopped fresh thyme
salt and white pepper (or freshly ground black pepper)
1 extra large egg yolk

Directions:

- Preheat oven to 400°. Butter a 10-inch cast-iron skillet.
- In a large pot of boiling salted water, cook pasta until al dente. Drain and return to pot.
- Meanwhile, in a large saucepan, bring heavy cream, onion and garlic to a simmer.
- Transfer 1/2 cup of the cream to a medium bowl and gradually whisk in flour; return mixture to saucepan. Set the bowl aside for later.
- Whisk over moderate heat until thickened, about 3 minutes.
- Remove from heat and whisk in goat cheese, cheddar and half of the Parmigiano until melted.
- Stir or in the sour cream, zest and 1 teaspoon thyme and season with salt and pepper.
- Add egg yolk to medium bowl and gradually whisk in 1/2 cup cheese sauce. Whisk egg/sauce mixture back into saucepan.
- Pour cheese sauce over pasta and toss to coat evenly.
- Add pasta to cast-iron skillet and sprinkle with remaining Parmigiano. Bake for about 25 minutes, until bubbling and golden brown. Sprinkle with remaining thyme.
- Allow mac and cheese to rest for about 5 minutes (if you can stand it), then serve.

Serves 4 as an entrée

Adapted from *Food and Wine*, September 2010 by Cook Like a Champion Blog