

## Baked Mac 'n Cheese with Shrimp

1½ lbs (700 g) medium raw shrimp (25–30 per pound), peeled, deveined, tails removed  
¾ tsp (4 mL) salt, divided  
½ tsp (2 mL) ground black pepper  
6 tbsp (90 mL) butter (¾ stick), divided  
6 tbsp (90 mL) dry sherry, divided  
¼ cup (50 mL) flour  
3½ cups (875 mL) milk, divided  
1 tbsp (15 mL) Dijon mustard  
½ tsp (2 mL) cayenne pepper  
8 oz (250 g) uncooked mezzì rigatoni pasta  
(2 cups/500 mL)  
6 oz (175 g) sharp white cheddar cheese,  
shredded (1½ cups/375 mL), divided  
4 oz (125 g) fontina cheese, shredded (1 cup/250 mL)  
⅓ cup (150 mL) panko bread crumbs  
¼ cup (50 mL) finely chopped fresh parsley



1. Season shrimp with ¼ tsp (1 mL) of the salt, and pepper. Heat 2 tbsp (30 mL) of the butter in **Rockcrok™ (2.5-qt./2.35-L) Everyday Pan** over medium heat 1–2 minutes or until bubbling. Cook shrimp 2–3 minutes or until pink and cooked through, turning once. Stir in 2 tbsp (30 mL) of the sherry; cook 30 seconds. Remove shrimp.
2. Preheat oven to 400°F (200°C). Add remaining butter and flour to Pan; whisk 1–2 minutes or until smooth. Slowly pour in 1 cup (250 mL) of the milk, whisking constantly until smooth. Whisk in remaining milk, mustard, cayenne and remaining ½ tsp (2 mL) salt. Cook, covered, 3–5 minutes or until mixture comes to a simmer, whisking often; remove Pan from heat.
3. Stir in pasta, 1 cup (250 mL) of the cheddar and fontina. Bake, covered, 30–35 minutes or until pasta is tender, gently stirring once halfway through baking.
4. Meanwhile, combine bread crumbs, parsley and remaining cheddar in small bowl.
5. Remove Pan from oven; preheat broiler. Stir in shrimp and remaining sherry; top with bread crumb mixture. Place Pan 2–4 in. (5–10 cm) from heating element. Broil 2–3 minutes or until top is golden brown. Remove from oven; let stand 5 minutes.

U.S. Nutrients per serving: Calories 390, Total Fat 19 g, Saturated Fat 11 g,  
Cholesterol 140 mg, Sodium 970 mg, Carbohydrate 29 g, Fiber 1 g,  
Protein 23 g