# Creamy Pea Macaroni

Four moderate main-dish bowls of creamy macaroni and peas · Active 20 min · Total 35 min

Skills: Diluting a specified milk product and making a small roux sauce

## Ingredients

- 9 oz dry elbow macaroni (250 g)
- About 8 cups water for pasta (2 L), or package-specified amount
- 2 cups frozen peas (280 g)
- 1 tablespoon unsalted butter (15 g)
- 2 tablespoons all-purpose flour (16 g)
- 1 small can unsweetened evaporated milk, about 5 fl oz/150 ml
- 5 fl oz water for diluting milk (150 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- Up to 1/4 cup reserved pasta cooking water (60 ml), taken from the pot

## Set out

Saucepan for pasta, at least 4 qt/4 L, Small heavy saucepan for sauce, Colander, Whisk, Measuring jug

## Allergens

wheat, milk. Check labels and substitutions.

## Ingredient labels

Pasta and flour supply wheat, and butter and evaporated milk supply milk. Some pasta contains egg. Check the actual labels; evaporated milk is unsweetened dairy, not a plant drink or sweetened condensed milk.

## Make it

**1.** Bring pasta water to a boil and cook macaroni according to its package. Add frozen peas for the final 3–5 minutes or their package-directed cooking time. If their required time is longer, start them earlier or cook separately. Reserve 60 ml cooking water, then drain well.

**2.** Meanwhile mix evaporated milk with the 150 ml dilution water in the jug. Melt butter in the small saucepan over medium-low heat. Stir in flour and cook for 1 minute, stirring, without browning.

**3.** Gradually whisk in the diluted milk until smooth. Bring to gentle bubbling and cook for 3–4 minutes, stirring across the base, until lightly thickened and smoothly coating the spoon. Stir in salt and pepper.

**4.** Return drained hot macaroni and peas to the large pan off heat. Fold in all the sauce. If it is too tight to coat evenly, add reserved pasta water a tablespoon at a time, up to 60 ml. Divide among 4 bowls and serve promptly.

## A different can size is a measuring job

If the available can contains 354 ml or another larger volume, measure 150 ml for this batch instead of pouring it all in. Label and refrigerate the rest promptly for another use.

## A useful detail

The sauce and pasta cook in parallel. For a smaller stove, finish the sauce first and keep it safely hot briefly while cooking pasta; allow extra elapsed time rather than leaving a milk sauce lukewarm.

## Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Reheat a portion to 165°F/74°C throughout, stirring gently with a little water to loosen the sauce. Freeze promptly cooled portions for up to 1 month; thaw in the refrigerator, expecting softer pasta and a less smooth sauce. Refrigerate any unused opened evaporated milk promptly and follow its package limit.