



Cajun Seafood Mac and Cheese

Maintenance to be mixed into your mac and cheese: seafood (shrimp, crab, fish, etc.)

Ingredients:

- 3 cups elbow macaroni, uncooked
- 2lbs Fresh Crab legs, cooked OR 2 and ½ cups imitation crab meat, diced
- ¼ cup fresh or dried basil + more for topping
- 1 cup whole milk
- 2 - 2 and ⅔ cups evaporated milk
- ½ - 1 teaspoon Paprika, or to taste (see notes)
- ¼ - ½ teaspoon Cayenne Pepper, or to taste (see notes)
- ½ teaspoon salt, or to taste
- ½ teaspoon freshly ground black pepper, or to taste
- 2 large eggs, beaten
- 4 cups sharp cheddar cheese, grated
- 2 cups mild cheddar cheese, grated
- 2 cups Colby & Monterey jack cheese, grated
- ½ cup parmesan cheese, grated
- Cajun seasoning, for topping



Instructions:

FOR THE PASTA:

1. Preheat the oven to 350F (177C). Lightly butter a 9x13-inch baking dish and set aside.



TPIRC
a rare disease institute



Food Allergy Institute

2. Bring a large pot of salted water to a boil over high heat. Add macaroni and cook until al dente (look at package directions to see how long it takes). Do not overcook.
3. Drain well and transfer cooked pasta to a large bowl. Mix in Cajun shrimp, crab chunks, and basil. Set aside.

FOR THE CHEESE/MILK MIXTURE:

1. In a large bowl, add milk and evaporated milk and whisk to combine. Add paprika, cayenne, salt, and pepper and whisk to combine. Taste the milk and adjust the seasonings to your liking. Once you're satisfied with the taste, add the eggs and beat until the mixture is combined.
2. Set aside 1 cup of sharp cheddar cheese, ½ cup of Colby & Monterey, and ½ cup of Parmesan. Add the remaining cheese to the milk mixture and stir to combine.

ASSEMBLY OF THE MAC AND CHEESE:

1. Pour cheese mixture into macaroni and stir to combine. Pour the mixture into the prepared baking dish. Top with reserved cheeses. Sprinkle more basil, paprika, salt, pepper, and Cajun seasoning on top (optional).
2. Bake for 45-55 minutes or until the top is golden. Cover the top with foil around the 35-40 minute mark, making sure it doesn't touch the cheese. Remove from oven and let it sit for about 25-30 minutes to set before serving.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Seafood, Dairy