

# Mac and Cheese Bread Bowls

Serves 6-8



## Ingredients

### Bread Bowl-

3 cups warm water  
1 ½ tsp active dry yeast (2 packets)  
2 tsp + ½ tsp granulated sugar, divided  
1 tsp salt  
4 tsp melted butter  
7-9 cups all purpose flour, divided  
1 tsp milk  
1 egg white

### Mac and Cheese-

1 pound pasta (cavatappi)  
1 pound mozzarella cheese, shredded  
1 pound colby jack cheese, shredded  
½ pound sharp cheddar cheese, shredded  
1 tablespoon garlic powder  
1 teaspoon smoked paprika  
A pinch of salt and pepper  
3 tablespoons butter  
3 tablespoons flour  
1 can evaporated milk (12 oz)  
2 cups heavy cream

## Steps:

### For the Bread Bowl:

1. Combine water, yeast and ½ tsp sugar in a small bowl. Stir until yeast is dissolved. Cover with towel and let stand until mixture is foamy, around 5 minutes.
2. In a large bowl, or stand mixer, add salt, remaining sugar, butter, yeast mixture and 3 ½ cups of the flour, then mix. Slowly keep adding about more flour until dough starts to pull away from the sides of the bowl.
3. Knead dough for about 5 minutes. Stop and touch dough with a clean, dry finger. The dough shouldn't be "sticky", but may barely stick to your finger. Add more flour if needed. Knead for 2-3 more minutes.
4. Lightly spray a large bowl with oil and transfer dough to that bowl. (flip dough once so both sides are covered) Cover bowl with a towel and let sit until doubled, about 30-45 minutes.
5. Divide dough into 6-8 equal size pieces. Pick up one section of the dough and pat it to remove any air. Use your hands to gently fold the dough into a tight ball. Place dough on baking sheet lined with parchment paper. Make a small "X" slit on the top of the dough rounds with a serrated knife.
6. Beat an egg with 1 tbsp of milk to make the egg wash. Lightly brush the tops of each dough ball with a thin layer of egg wash
7. Cover rolls with a piece of plastic wrap and allow to rise until doubled, about 30-40 minutes.
8. Bake at 400 degrees for 25-30 minutes. Allow to cool at least 15 minutes before cutting for bread bowls.

### For the Mac and Cheese:

1. Bring a pot of water to a boil. Then, add pasta and boil it for 8 minutes.
2. Combine your freshly shredded cheese and split it into two equal portions. Combine your spices in an extra bowl.
3. In a pan on medium heat, add your butter. Once the butter is melted, add half of your seasoning mix and let cook for 30 seconds.
4. Add the flour to the pan and let it cook for 2-3 minutes. Now, whisk the mixture while adding your evaporated milk, a little bit at a time. Make sure to whisk out all the flour clumps.
5. Slowly pour in the heavy cream while whisking. Then let it cook for about 2 minutes.
6. Set the heat to low and slowly add half of your cheese by handfuls. Making sure to whisk in between each addition. Add the rest of your seasoning, then fold in your pasta.
7. In a baking dish, layer your pasta and cheese. Finally put it in the oven at 350 degrees for about 25-30 minutes.
8. Take out your mac and cheese and put it into the bread bowls. Then, enjoy!.