

Recipe

Macaroni cheese with ham



Home-made macaroni is ideal with a strong Cheddar-style cheese such as Winterdale. I usually make extra portions because it freezes well.

Serves 4

400g macaroni pasta
2 tbsp dried breadcrumbs

For the sauce

600ml milk
50g butter
50g plain flour
100g Winterdale Cheddar
50g Parmesan (freshly grated only)
2 tsp Dijon mustard
¼ tsp paprika
2 thick slices (200g-ish) of ham
Salt and pepper

Heat the oven to 200C/Gas 6. Cook the pasta in plenty of simmering, salted water until tender. Drain well. Meanwhile, warm the milk over a low heat. In a separate pan, melt the butter, sprinkle with flour and cook over a low heat, stirring well. Add half the warm milk, gradually, until it thickens, slowly add the remaining milk until the sauce is thick, but runny. Add salt, pepper, cheeses, mustard and paprika, and simmer gently for five minutes. Stir in the ham. Arrange a layer of pasta on the bottom of a buttered baking dish, spoon on plenty of sauce, then more pasta, then the remaining sauce. Stir to mix, scatter with breadcrumbs and bake for 30 minutes, until browned.

FARMERS' MARKET OF THE MONTH



With Benjamin Dent, chairman Kent Farmers' Market Association

2010 is a year to celebrate at West Malling's Farmers' Market. Not only has the historic market town got a tradition of holding markets since the 1100s, the current Farmers' Market will mark its 10th anniversary this November. Recently relaunched, it now boasts more than 40 stalls, making it one of Kent's largest. Its size and variety makes it very popular with locals, while the joint appeal of the market and the historic town draws in visitors from all over Kent and the south east. Two of its outstanding Kentish producers are Winterdale Cheesemakers, from Wrotham, and Court Farm at Upper Halling. Winterdale produces delicious hand-ladled Kentish Camembert and an award-winning Cheddar-style cheese. Unpasteurised, it's cloth-bound and carefully cellared in a natural stone cellar high in the chalky North Downs, to create this full-flavoured cheese. Court Farm specialises in producing high-quality meats from its 900-acre farm. The farm rears its own beef herd with 80 suckling cows and buys in lamb and venison. Owner Andrew Lingham says: "We have a super following at West Malling – it's good to have a local market where consumers can buy ethically raised and traceable meat locally."

■ In last month's *Kent Life* (Challock Farmers' Market), we said that Marshy's Munchies supplies to Kent Wildlife Trust. It in fact supplies the tea rooms at the Museum of Kent Life



Find Us

West Malling Farmers Market takes place on the fourth Sunday of every month from 9.30am to 1.30pm. West Malling is clearly signposted from both Tonbridge and from the M20. The market is in the town centre. All parking is free in West Malling. If you're coming from Tonbridge, park in the main car park on your right. If you're coming from the M20, park in the free car park at the top of Town Hill, on your right immediately after passing over the railway bridge. There is also free parking at the railway station, a pleasant 10-minute walk away.

To contact the Kent Farmers' Market Association:
☎ 01892 870666
✉ info@kfma.org.uk



To find your nearest Farmers' Market, please visit
kent.greatbritishlife.co.uk

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