

How to Make Pressure Cooker Macaroni and Cheese

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★★★★★ 5 Recipe Ratings

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If the idea of boiling macaroni and creating a cheese sauce seems like a lot of work, make macaroni and cheese in a pressure cooker. Simply put dry noodles, liquids (like broth or water), and seasonings into the cooker. Cook the noodles on high pressure for a few minutes and then stir in your cheeses. Make a quick version that only takes 4 minutes of cooking time or go for a classic version that includes evaporated milk and parmesan cheese for richness. If you want a healthier macaroni and cheese, use whole-wheat pasta and include broccoli florets.

Things You'll Need

- ☐ Measuring cups and spoons
- ☐ Digital scale
- ☐ Electric pressure cooker
- ☐ Spoon
- ☐ Knife
- ☐ Paper towels

Ingredients

■ Quick and Creamy Macaroni and Cheese

- ☐ 2 1/2 cups (250 g) dry elbow macaroni
- ☐ 2 cups (480 ml) chicken stock
- ☐ 1 cup (240 ml) heavy cream
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground pepper
- ☐ 1 tablespoon (14 g) butter
- ☐ 1/2 cup (120 ml) milk
- ☐ 1 1/2 cups (170 g) shredded cheddar cheese
- ☐ 1 1/2 cups (170 g) shredded mozzarella cheese

Makes 4 to 6 servings

■ Classic Macaroni and Cheese

- ☐ 1 pound (454 g) dried elbow macaroni
- ☐ 2 tablespoons (28 g) butter
- ☐ 1 tablespoon yellow mustard
- ☐ 1 teaspoon hot pepper sauce
- ☐ 1 tablespoon kosher salt or 2 teaspoons table salt
- ☐ 4 cups (946 ml) water
- ☐ 1 (12 ounces or 354 ml) can evaporated milk
- ☐ 16 ounces (453 g) shredded extra-sharp cheddar cheese
- ☐ 6 ounces (180 g) shredded parmesan cheese

Makes 6 to 8 servings

■ Whole-Wheat Macaroni and Cheese with Broccoli

- ☐ 8 ounces (225 g) dry whole-wheat rotini
- ☐ 1½ cups (354 ml) low-sodium vegetable or chicken broth
- ☐ ¾ cup (178 ml) low-fat milk
- ☐ ½ teaspoon salt
- ☐ ¼ teaspoon ground pepper
- ☐ 2 cups (350 g) frozen baby broccoli florets, thawed and patted dry
- ☐ 1 cup (100 g) shredded extra-sharp Cheddar cheese
- ☐ 2 ounces (58 g) reduced-fat cream cheese

Makes 4 servings

Method
1

Method 1 of 3: Making Quick and Creamy Macaroni and Cheese



1 Combine the noodles with chicken stock and heavy cream. Pour 2 1/2 cups (250 g) of dry elbow macaroni into an electric pressure cooker. Stir in 2 cups (480 ml) of chicken stock, 1 cup (240 ml) of heavy cream, 1 teaspoon of salt, and 1 teaspoon of ground pepper.^[1]

- You can substitute 1/3 cup (75 g) of melted butter and 2/3 (160 ml) cup milk for the heavy cream.



2 Cook the noodles for 7 minutes and let out the steam. Put the lid on the pressure cooker and turn the cooker on to HIGH. Cook the noodles for 7 minutes so they become soft. Follow your pressure cooker's instructions to remove the steam.^[2]



3 Stir in the butter, milk, and cheese. Remove the lid and stir in 1 tablespoon (14 g) of butter, 1/2 cup (120 ml) of milk, 1 1/2 cups (170 g) of shredded cheddar cheese, and 1 1/2 cups (170 g) of shredded mozzarella cheese. Stir the macaroni and cheese until the cheese completely melts. Serve the macaroni and cheese while it's hot.^[3]

Method
2

Method 2 of 3: Making Classic Macaroni and Cheese



1 Combine the macaroni, seasonings, and water in the pressure cooker. Place 1 pound (454 g) of dried elbow macaroni into an electric pressure cooker. Add 2 tablespoons (28 g) of butter and stir in 1 tablespoon of yellow mustard, 1 teaspoon of hot pepper sauce, 1 tablespoon of kosher salt (or 2 teaspoons table salt), and 4 cups (946 ml) of water.^[4]

- You can use any type of dried pasta noodle you like, as long as you have 1 pound (454 g).



2 Cook the noodles on high for 4 minutes. Put the lid on the pot and seal it. Turn the cooker on to high pressure and let it cook for 4 minutes. The noodles will absorb the water as they cook.^[5]



3 Release the pressure and stir in the evaporated milk. Keep the lid on the pot and release the pressure according to the manufacturer's instructions. Once the pressure is removed, you can safely take off the lid. Stir in 1 (12 ounce or 354 ml) can of evaporated milk.^[6]

- At this point, taste a noodle to ensure that it's cooked enough. If it's too hard for your liking, use the simmer setting on your pot to cook it for a few minutes.



4 Stir in the cheeses. Get out 16 ounces (453 g) of shredded extra-sharp cheddar cheese and 6 ounces (180 g) of shredded parmesan cheese. Add one handful of the cheese at a time and stir it in until it's completely melted. Continue to add and stir in a handful of cheese until the noodles and cheeses are combined. Serve the classic macaroni and cheese while it's hot.^[7]

- If you like, you can transfer the mac and cheese to a baking dish. Sprinkle breadcrumbs over the top and broil it for a few minutes. This will give a crunchy texture to the top.

Method
3

Method 3 of 3: Making Whole-Wheat Macaroni and Cheese with Broccoli



1 Combine the macaroni, broth, and milk in the pressure cooker. Place 8 ounces (225 g) of dry whole-wheat rotini into an electric pressure cooker. Stir in 1½ cups (354 ml) of low-sodium vegetable or chicken broth, ¾ cup (178 ml) of low-fat milk, ½ teaspoon of salt, and ¼ teaspoon of ground pepper.^[8]

- You can use any type of dried pasta noodle you like, as long as you have 8 ounces (225 g).



2 Cook the noodles on high for 7 minutes. Put the lid on the pot and secure it. Turn the cooker on to high pressure and cook the noodles for 7 minutes. The noodles will absorb the broth and milk as they cook.^[9]



3 Release the pressure and prepare the broccoli florets. Keep the lid on the pot and release the pressure according to the manufacturer's instructions. Once the pressure is removed, you can safely take off the lid. Thaw 2 cups (350 g) of frozen baby broccoli florets. Pat them dry with a paper towel and add them to the pressure cooker.^[10]

- Consider thawing the frozen broccoli overnight in the fridge or defrost it in the microwave.



4 Stir in the cheeses. Add 1 cup (100 g) of shredded extra-sharp Cheddar cheese to the noodles and stir until the cheese melts. Cut 2 ounces (58 g) of reduced-fat cream cheese into cubes. Stir in the cubes until they melt. Let the macaroni and cheese rest for 5 minutes before you stir and serve it.^[11]

- Reduced-fat cream cheese is also known as Neufchatel cheese.

References

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