

Macaroni Salmon Bake

500g macaroni – cooked
1 onion-finely chopped
1 fillet smoked salmon
2 tablespoons butter
2 tablespoons plain flour
1 teaspoon dry mustard
Salt & pepper to taste
2 cups milk
1 teaspoon Worcestershire sauce
2 cups tasty cheese
1/4 cup chopped red or green capsicum
2 large ripe tomatoes (home grown sweet are the best or good quality shop ones)

- . Saute onions in butter,
- . Add: flour, mustard salt & pepper and blend.
- . Cook 1 minute
- . Add milk & Worcestershire sauce, stir until it boils & thickens.
- . Add 1/2 the cheese. Stir. Remove from heat.
- . Empty macaroni into lasagna dish,
- . Add capsicum
- . Flake & scatter salmon over macaroni.
- . Pour on the cheese sauce.
- . Cover with sliced, peeled tomatoes
- . Sprinkle with breadcrumbs, then remaining cheese.
- . Bake in moderate oven about 30 minutes.