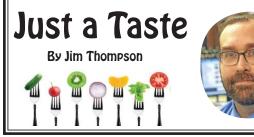
TEST RESULTS

20. Nitrite (as Nitrogen)	N	2017	.1	.021	ppm	1	1	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deoosits
19. Nitrate (as Nitrogen)	N	2017	.27	.1727	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits

The South Holmes Water Association works around the clock to provide top quality our water sources, which are the heart of our community, our way of life and our while





The Unbelievably **True History of** Macaroni and Cheese

Many people do not know that it was Thomas Jefferson that made macaroni and cheese popular when our country consisted of only 15 states. Jefferson became smitten with macaroni while in Paris and Northern Italy, and started importing it to his home in Monticello. Early accounts of those who tried the dish were not that stellar, but nevertheless, Thomas really did enjoy what was then called 'macaroni pie,' The cheese used in the dish was originally Parmesan, but eventually made way for the cheddar iterations in the 19th century, thanks to its crossover to Ohio and Wisconsin dairyman. There are many ways to make a good mac and cheese, but my favorite

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is baked from a béchamel. Béchamel is a mixture of butter, flour, and milk, that

2018

firms up into a thickened sauce. I find a secret to producing a quality macaroni is to cook it al dente, meaning 'to the tooth' in Italian. Al dente cooking method of pasta produces a firm, but fully cooked noodle. There is nothing, in my food recollections, that is worse than soggy pasta.

My favorite recipe for mac and cheese is 'Chef John's,' and comes from allrecipes. com:

1 (16 ounce) package elbow macaroni 1/4 cup butter 1/4 cup all-purpose flour 1/4 teaspoon dried thyme 1/4 teaspoon cayenne pepper 1/8 teaspoon white pepper

1 pinch ground nutmeg 1/4 teaspoon Worcestershire sauce 1 teaspoon salt 3 cups shredded sharp Cheddar cheese, divided 1 teaspoon Dijon mustard 1/2 cup panko bread crumbs

1 tablespoon butter, melted Add Dijon mustard.

grees F (200 degrees C). in the cheese sauce; stir to Fill a large pot with lightly thoroughly combine sauce salted water and bring to a with pasta. Mix panko bread rolling boil over high heat. crumbs and 1 tablespoon Once the water is boiling, melted butter in a small stir in the macaroni, and bowl, and sprinkle crumbs return to a boil. Cook the on top of macaroni and pasta uncovered, stirring cheese. Sprinkle remaining occasionally, until the pasta 3/4 cup of Cheddar cheese is cooked through but still on top. slightly firm, about 8 min- Bake in the preheated utes. Drain well. Melt 1/4 oven until bread crumbs cup butter in a large sauce- and Cheddar cheese topping pan over medium heat. are golden brown, about 20 When the butter starts to minutes. foam and bubble, stir in the flour; cook on medium heat rector of Library Services until flour just begins to turn for Holmes Community Colpale yellow, 3 to 4 minutes. lege and vice-president of Add thyme, cayenne pep- the Holmes County Champer, and white pepper; cook ber of Commerce. Thompand stir another minute, then son has over 12 years exwhisk in 1 cup of milk until perience working in diverse smooth. Pour in remaining restaurants across southern milk and whisk again. Bring Mississippi.

the sauce just to a simmer.

Stir in nutmeg, Worcestershire sauce, and salt; simmer on medium-low heat until thickened, about 8 minutes, whisking often. Turn heat off, then add 2 1/4 cups of Cheddar cheese; stir until melted and combined.

Transfer the macaroni into Preheat oven to 400 de- a casserole dish, then pour

*Jim Thompson is the Di-

nd cheese, but my fav	orite 3 cups	milk milk and	whisk again. Bring M	ississippi.
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