

## Dairy-Free "Macaroni and Cheese"

This dairy-free version is nonetheless rich and satisfying. Vegetables can be added for a type of Pasta Primevara, but be careful not to overcook them. They should be tender-crisp.

Add the oil to a medium-sized frying pan, and sauté the garlic and onion over low heat for 2 minutes, being careful not to brown the garlic. Add the flour and stir constantly for 1 minute. Slowly add the stock, whisking until the sauce thickens somewhat. Add a pinch of salt and, if desired, pepper, and simmer 5 minutes. Add a little more stock as needed, if sauce is too thick.

In a small bowl combine the miso and tahini, and gradually mix in ¼ cup stock or water. Add the mixture to the sauce and simmer very gently for 1 to 2 minutes. For the last minute add the basil, about 3 tablespoons of the parsley (reserve the rest to garnish), and the vinegar or lemon juice.

Add the noodles to 3 quarts of rapidly boiling, salted water. As soon as the macaroni is cooked, drain it and immediately toss it with the sauce in a large bowl. Serve with a sprinkling of parsley.

### Preparation List:

#### **Serves 4**

#### **Sauce:**

- 1½ tablespoons olive oil
- 2 cloves garlic, finely minced
- 1 small onion, diced
- 3 tablespoons unbleached white flour
- 1½ cups vegetable stock
- pinch sea salt
- pinch white or black pepper (optional)
- 2 tablespoons white miso
- 2 tablespoons tahini
- 2 tablespoons finely chopped fresh basil
- ¼ cup parsley, minced
- 1 tablespoon red wine vinegar or lemon juice
- 12 ounces macaroni (such as rotelli, ziti, penne, or shells)