



Smithsonian

National Air and Space Museum

Space Mac specifications

Xulei Wu, a freeze dried food scientist at NASA, has adapted her spaceflight food specification to something that can be made at home

Ingredients

- 1 (16 ounce) box elbow macaroni
- 1/2 cup butter
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/4 tsp Turmeric
- ground white pepper to taste
- 4 cups milk
- 4 cups shredded Sharp Cheddar Cheese



Directions

1. Bring a large pot of lightly salted water to a boil. Add elbow macaroni to the boiling water, stirring occasionally until cooked through but firm to the bite (consult manufacturer's cooking recommendation).
2. Drain and set macaroni noodles aside.
3. Melt butter in a saucepan over medium heat; stir in flour, salt, turmeric, and pepper until smooth, about 5 minutes.
4. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes.
5. Add Cheddar cheese to the milk mixture and stir until the cheese is melted, 2 to 4 minutes.
6. Fold macaroni into the cheese sauce until coated.

Share your results

Share photos of your Space Mac with us [#airandspace](#)