

Croque-monsieur

Ingredients

50g hard cheese, e.g. Cheddar, Edam, Gruyere
1 tomato
2 slices bread, preferably wholegrain
1 slice ham



Equipment

White tray
Chopping board
Grater
Metal plate
Vegetable knife
Fish slice
Dinner plate to serve it on

Method:

1. Personal preparation: apron, hands, hair, jewellery.
2. Collect equipment. Place ingredients on white tray.
3. Preheat the grill.
4. Grate the cheese on a metal plate – divide into 3.
5. Slice the tomato on the chopping board using the vegetable knife.
6. Place the slices of bread on the chopping board.
7. Lay the ham over one slice of bread.
8. Arrange the tomato over the other slice of bread.
9. Sprinkle a portion of cheese over both slices of bread.
10. Place the 'sandwich' under the hot grill.
11. When the 'cheese is bubbling hot, remove from the grill.
12. Press the 2 slices of bread together, and sprinkle the remaining cheese on top.
13. Place under the grill until the cheese is melted and golden.

Top tips

- ◆ Use different types of bread, e.g. ciabatta, bagel, wholegrain loaf.
- ◆ Try adding different varieties of cheese, e.g. Mozzarella, Cheddar, Edam, Brie.
- ◆ Go for fruit and vegetables e.g. mushrooms, pineapple, peppers.