

Croque Monsieur

Ingredients

- 75g hard cheese, e.g. Cheddar, Edam, Gruyere
- 1 tomato or quarter of an onion.
- 2 slices bread, preferably wholegrain
- 2 slices ham

Method

- 1.Preheat the grill.
- 2.Grate cheese on a chopping board – divide into 3.
- 3.Slice the tomato.
- 4.Place the slices of bread on the chopping board.
- 5.Lay the ham over one slice of bread.
- 6.Arrange the tomato or onion over the other slice of bread.
- 7.Sprinkle a portion of cheese over both slices of bread.
- 8.Place the sandwich under the hot grill.
- 9.When the cheese is bubbling hot, remove from the grill.
- 10.Press the 2 slices of bread together, and sprinkle the remaining cheese on top.
- 11.Place under the grill until the cheese is melted and golden.



Equipment

Chopping board, grater, knife, fish slice.

Alternative filling suggestions

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