

Croque Monsieur

Ingredients

To make 8 pieces of croque – monsieur you will need:

- 8 slices of medium thick bread
- 50g (2oz) butter, softened
- 100g (4oz) cheddar cheese
- 4 slices of mean ham
- 2 tea spoons of sunflower oil

For the mix salad:

- 1 little gem of lettuce, or
- Half a cucumber
- 1 carrot



Method

1. Lay four slices of bread on the chopping board. Thinly spread one side of each one with butter then butter the other four slices.
2. Grate the cheese using the big holes on the grater and sprinkle it over the four slices of bread. Lay a slice of ham on top.
3. Press a slice of bread onto each one. Cup them in half and put them on a plate. Cover them with plastic food wrap.
4. Cut the bottom of the lettuce. Rinse the leaf in cold water, then shake them dry. Tear them up and put them into a bowl.
5. Cut the ends of the cucumber. Cut it into four strips, then cut the strips into small trunks. Add them to the bowl.
6. Peel the carrot with a potato peeler. Carefully grate it using the big holes on the grater. Then, add in to the bowl and mix it in.
7. Put a teaspoon of oil into a large, non – stick frying pan. Then, heat it on a medium heat for about a minute.
8. Carefully put four of the pieces into the pan. Cook them for 2 – 3 minutes, or until their undersides turn brown.
9. Turn the pieces over. Cook them for 2 – 3 minutes, then lift them out. Add a teaspoon of oil and cook the other four.

Daisy Shuttleworth – Aged 15