



## HOME LEARNING

### Year 9 – Food Technology- Home Learning 11

#### Croque-monsieur

##### Ingredients

30g hard cheese, e.g. Cheddar, Edam, Gruyere

1 tomato

2 slices bread, preferably wholegrain

1 slice ham

##### Equipment

Chopping board, grater, knife, fish slice.



##### Method

1. Preheat the grill.
2. Grate the 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 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.

##### 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.

##### Skills

Grating	Bridge hold	Claw grip	Using the grill	
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#### Recipe Evaluation

Method



Taste

1	2	3	4	5
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