



Croque Monsieur

30 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

For the béchamel sauce:

- Place a pot over low heat.
- Add the butter and let it melt while gently stirring with a whisk. Add the bay leaf to give the béchamel a nice aroma.
- Add the flour and start to whisk. Add the milk in 3 batches while stirring continuously.
- As soon as $\frac{3}{4}$ of the milk is absorbed, add the remaining milk and whisk.
- When the mixture is smooth and creamy, remove the bay leaf. Add some pepper. Remove from heat and whisk.
- Add the grated parmesan, reserving 1 handful for the end of the recipe. Whisk to combine.

For the croque monsieur:

- Preheat oven to 200* c (390* F) Fan.
- Cut the top of the crust off of the loaf of bread (fresh or stale). This will give you a nice base for the béchamel sauce. Then cut the loaf in half, lengthwise and open it up.
- Spread the Dijon on one side of the loaf.
- Add some finely chopped thyme, (or whatever other herbs you like) strips of ham, grated gruyere and some pieces of butter.
- Cover with other side of the loaf and press down on the bread with your hands. Place some more pieces of butter over the top. Season with salt and pepper.
- Bake in a baking pan lined with parchment paper, until the cheese melts and turns golden, for about 10 min.
- When ready, remove from oven. While the béchamel sauce is still hot, spread half of it inside the loaf and the other half over the top, as the croquet monsieur is traditionally made.
- Sprinkle with the remaining grated parmesan over the top.
- Bake for another 15-17 minutes or until the béchamel turns golden.
- Remove from oven. Sprinkle with pepper and thyme and allow to cool for 10 minutes before cutting into slices.

Ingredients

For the bechamel sauce

- 40 g butter
- 60 g all-purpose flour
- 300 ml milk, 3,5%
- 1 bay leaf
- pepper
- 50 g parmesan cheese, grated

For the roque monsieur

- 3 tablespoon(s) thyme
- salt
- pepper, freshly ground
- 500 g bread, country
- 3 tablespoon(s) mustard, dijon
- 3 slices ham
- 300 g gruyere cheese, grated
- 30-40 g butter

Διατροφικός πίνακας

Nutrition information per 100 gr.

268 Calories (kcal)	17.9 Total Fat (g)	11.1 Saturated Fat (g)	13.2 Total Carbs (g)
13%	26%	56%	5%
1.9 Sugars (g)	13.3 Protein (g)	0.71 Fibre (g)	1.4 Sodium (g)
2%	27%	3%	23%