

# Recipe of the Week

This week we are back to basics again. For all you students out there here is a very easy recipe but one which will keep you going on a dark winter's day!

Take two slices of white bread and place them on a baking sheet in a hot oven. About 225degrees C is fine.

While the bread is toasting make a white sauce. Easy peasy. Melt 50g butter in a saucepan. When melted but not bubbling add 50g plain flour and using a hand whisk combine the two so that you have a yellow paste. Do not allow to stick or burn. Then still whisking add about 350ml of milk gradually and steadily. Keep whisking and it will become a thick sauce.

Then take the bread and on one slice spread with mustard and add a slice of Emmenthal or Gruyere cheese followed by some ham. Butter the other slice with just a little butter. Make a sandwich and then top with enough white sauce to cover and grated cheese. Place sandwich back on the baking sheet and grill or bake in hot oven until the sauce on top browns and bubbles.

Croque Monsieur! (and if you add a fried egg on top – Croque Madame!)

Bon Appetit.