

BAKED CROQUE MONSIEUR

EQUIPMENT

STANDARD:

- * Aprons
- * Recipe Cards
- * Mats
- * Table cloth
- * Tea towel / washing up liquid / sponge
- * Hand soap
- * First aid kit
- * Register
- * Details of food requirements
- * During cooking craft activity
- * Pens for names on tin / paper
- * Black bags for washing up
- * Kitchen roll
- * Cleaning cloth/ anti-bacterial spray
- * Spare spoons and knives
- * Oven gloves
- * Cooling rack

PER CHILD:

- * 1 x Knife
- * 1 x Teaspoon
- * 1 x Tin
- * 1 x Fork
- * 1 x small bowl (or cup if preferred for egg/milk mixture)
- * Grater

ALSO:

- * Teaspoons (mustard)
- * Bowl / cups for milk to hand out
- * 1/8th Tsp salt (or just do a pinch)
- * 1 x Tablespoon and ½ Tbsp (for milk 3.5 tablespoons = 20ml)
- * Bowl for mustard so only need to buy minimum quantities
- * Baking trays (4 children's dishes will fit onto one tray)

SHOPPING

- * 2 Slices of bread
- * 1 Tsp mild mustard
- * 1 Slice emmental cheese
- * 1 Slice ham
- * 1 Egg
- * 1/8th Tsp salt
- * 20ml Milk
- * 35g Mature cheddar

TIPS

Timing Rating = 2

(1 - very quick to make / 2 - time consuming)

Buy the mild French mustard where possible (eg. from Tesco). Dispense into bowls so you only need to buy one jar per class at most.

You do not need to use the ham shown in the video (this is just what I happened to have at home!)

Use tablespoons rather than a jug / cups for the 20ml milk.

Do the grating last so there is time for the liquid to absorb into the bread as much as possible.

Cook until golden brown on the top.

Take 20-25 minutes to cook so allow 30 minutes before the end of class to put in the oven.

Omit ham or use vegetarian alternative where required.