

## **Equipment lists**

### **For grilled cheese and Croque**

Fry pan(s)  
Small baking sheet  
2 small saucepans  
medium-small wire whisk  
cutting board, knives  
grater

### **For Apple Crisp:**

1½-2 quart casserole pan  
2 mixing bowls—one for crumbs, one for apples  
potato peeler  
cutting board and paring knife  
measuring cups and spoons

## **Ingredient lists**

### **For Cheese Sandwiches:**

4 slices of sandwich bread of your choice  
About 4-6 ounces cheese ½ in slices, ½ grated  
4 tablespoons (room temperature) butter  
1 tablespoon all-purpose flour  
½ cup milk  
salt, pepper, nutmeg  
2 ounces smoked salmon

### **Optional ingredients:**

Dijon mustard, one tomato, sautéed mushrooms, sautéed shallots or onions, an egg, a little olive oil.

### **For Apple Crisp**

½ cup dark brown sugar  
1 teaspoon cinnamon  
¼ teaspoon allspice  
1/3 cup whole wheat flour  
¾ cup oats, quick or old-fashioned—not instant  
¼-1/3 cup neutral oil  
1¾-2 pounds apples (gala, Fuji, yellow delicious, honeycrisp, etc.)  
¼-1/3 of a fresh lime  
2 Tablespoons pure maple syrup (honey is ok)  
(Your favorite ice cream. Almond Dream frozen dessert is great and parve!)

What to do in advance:

For Sandwiches:

Grate ½ of the cheese

Sauté and season mushrooms and shallots, if using.

For croque, **lightly** toast 2 pieces of bread

For the Apple Crisp

Measure out whole wheat flour and oats

At about 12:45 PM, peel, core, and slice apples. Squeeze lime on them and add maple syrup. Mix well—to prevent discoloration. (Do not prepare apples too early, or they will oxidize.)

By the way, here's my whipped cream recipe if you're interested:

Whipped Cream

1 cup heavy cream, very cold

1 1/2 to 2 tablespoons sugar

1/2 teaspoon vanilla

Chill bowl and beaters. Combine all ingredients in chilled bowl and whip until stiff. Refrigerate until used. May be made several hours in advance.

# Grilled Cheese and Croque-Monsieur (kosher!) or Madame

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We'll make one "American" and one French.

Cheese—about 4-6 ounces: Swiss, gruyere, Monterey Jack, Comté, muenster, etc.—whatever you like, half thin sliced the other half grated

Sandwich bread: whole grain, rye, white—again, whatever you like

Butter: have about ½ stick, softened, on hand—we won't use it all

1 tablespoon flour

½ cup milk

salt, pepper, nutmeg

2 ounces smoked salmon

Additional optional ingredients:

Dijon mustard

A firm, ripe tomato, sliced thin (a plum tomato is good, as it is not too juicy)

Olive oil

Some sautéed mushrooms

Some caramelized shallot or onion

An egg

## Directions for American Grilled Cheese

1. Butter one side of 2 slices of bread.
2. If using tomato slices, quickly sauté on both sides in a little olive oil or butter.
3. Place one slice of bread, buttered side down, in the pan. Spread with a little Dijon mustard, if desired, and top with half of the sliced cheese.
4. Add optional additions: tomatoes, shallots, mushrooms. Top with second half of the cheese, and then 2<sup>nd</sup> slice of bread—butter side to the outside.
5. Grill on first side until browned, carefully turn and grill on second side until browned and cheese is melted. You can cover pan to aid in melting cheese.

## Croque-Monsieur

### Let's make some Béchamel with Cheese (Sauce Mornay) first:

1 tablespoon butter (or butter and olive oil mixed)

1 tablespoon flour

1/2 cup milk

salt, pepper, nutmeg

2-3 Tablespoons grated or chopped-up cheese (Swiss, Fontina, cheddar, etc., or a mixture of your favorites)

Melt butter on low heat in a saucepan. Whisk in the flour. This is called a roux. Allow the roux to bubble gently for 1 minute. Meanwhile, heat the milk in another saucepan.

Off heat, pour all the milk over the roux and immediately start whisking.

Return to the heat, whisking constantly, and bring the sauce to a slow boil.

Allow the sauce to boil one minute, still whisking, and then remove from heat. Whisk in cheese and seasonings. Taste and correct seasoning.

The sauce is ready to use. If you make it in advance, stir it occasionally while it cools, otherwise a skin will form on the top. To reheat the sauce, do it on a very low heat, stirring constantly with the whisk. You may have to add a few more spoonfuls of milk because a cooled Béchamel becomes very thick.

Assembly: Preheat oven to 400°.

1. First, toast two slices of bread very lightly.

2. Place oven rack in high position.

2. Butter one side of one slice of the toast, and place butter side down on a baking sheet—can also be a fry pan with a metal handle.

3. Spread toast with a little mustard, optional. Then spread with a little of the Béchamel. Put on the smoked salmon, then a little grated cheese, and cover with second slice of toast. Spread on the rest of Béchamel, sprinkle with a little more cheese, and put in oven or toaster oven until bubbly.

(Vegetarian option: replace salmon with tomatoes, mushrooms, onions, or even sautéed eggplant)

Croque-Madame: Top the Croque-Monsieur with a fried egg!

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**Apple Crisp** about 4 servings (1/2 recipe)

Crumb mixture:

½ cup packed brown sugar

1 teaspoon (generous) cinnamon

1/4 teaspoon allspice ADD PINCH OF SALT

1/3 cup whole wheat flour

3/4 cup oats, either quick or old-fashioned, not instant

1/4 to 1/3 cup vegetable oil

1¾-2 pounds apples (gala, Fuji, yellow delicious, honeycrisp)

1/4 to 1/3 fresh lime

pure maple syrup (2 tablespoons)

1. Combine all dry crumb ingredients together and stir with a spoon. Using your fingers, blend in 1/4 cup vegetable oil to form crumbs. If it still feels dry, add the rest of the oil. Set aside.

2. Peel, core, and slice apples. As you go, squeeze a little lime onto the apples (prevents discoloration). Stir in about 1/3 of crumb mixture.

Add maple syrup to taste.

3. Preheat oven to 350°—rack at lower level.

4. Grease a 1½ -2 quart casserole pan with ½ tablespoon of oil. Put half the apples in the pan. Sprinkle with half the crumbs that are left. Put in the rest of the apples and sprinkle with the rest of the crumbs.

5. Bake 45 minutes to 1 hour until all is bubbling. Cover LIGHTLY with foil for the first half of the baking to prevent overbrowning.

Serve warm with Almond Dream or soy parve ice cream, if desired.  
(Or whipped cream for a dairy meal.)