

How to make Marcus Wareing's croque monsieur

Ingredients (serves 1)

50g Gruyere cheese, grated
2 slices of sourdough
3-4 slices of prosciutto
10g butter
For the bechamel:
100ml milk
1tsp thyme leaves
10g butter
1tbsp plain flour
Half tsp Dijon mustard
1tsp wholegrain mustard
50g Cheddar cheese, grated
Sea salt and freshly ground black pepper

Method

(Prep time: under 10 minutes.
Cooking time: 20 minutes)

1. Start by making the bechamel. Put the milk and thyme into a small saucepan. Gently bring to a simmer over low heat. Melt the butter in another small saucepan then add



the flour, and a pinch each of salt and pepper. Cook over low heat for about one minute to get rid of the floury taste, but avoid letting it brown. Gradually whisk in half of the hot milk and stir quickly to combine. Add the remaining milk and cook for a further five minutes over low heat, stirring continuously. Remove from the heat, add the mustards and cheese and stir until the cheese has melted.

2. Preheat the oven to 200°C/180°C fan/gas 6.

3. Place the grated Gruyere on one slice of the sourdough then top with the prosciutto. Finish with the

bechamel then top with the other slice of sourdough. Heat a frying pan over medium heat. When hot, add the butter then carefully add the sandwich and toast it for three to five minutes. Gently turn the sandwich over and brown the other side for another three to five minutes.

4. Transfer to a piece of baking parchment on a baking tray and bake in the oven for four to five minutes, until the cheese has melted.

● Marcus Everyday by Marcus Wareing, is published by HarperCollins, priced £20

Many know Marcus Wareing best for his measured - often tough - critique on Masterchef: The

Professionals, delivered with those unnervingly steely blue eyes and leaving experienced chefs wishing they'd never dared serve the acclaimed restaurateur a panna cotta without the correct amount of wobble.

The 49-year-old has spent five years on the BBC show - an appointment he says has been his career highlight - with Gregg Wallace and Monica Galetti. He's also just released his seventh book and runs three restaurants (his flagship at The Berkeley has one Michelin star, after losing its second one earlier this year).

The new book is made up of chapters that might surprise, one going against the recipe book grain for dishes for two, four or six plus people, and aimed squarely at those cooking only for themselves - like this croque monsieur with homemade bechamel.

But, of course, when a Michelin star chef makes a toastie, don't expect it to be ordinary...

