

Croque-Monsieur

2 1/2 tablespoons all-purpose flour
1 3/4 cups milk (whole or 2%)
2 teaspoons Worcestershire sauce
1/4 teaspoon dried thyme
1/4 teaspoon grated nutmeg
Salt and pepper to taste

4 slices sandwich bread
8 teaspoons mayonnaise
4 teaspoons mustard
4 ounces Gruyere Cheese, graded
12 ounces sliced ham
1/2 cup Parmesan, freshly grated

4 eggs



- ✚ Put the flour in a non-stick pan and cook to slightly golden brown color (NO butter or any kind of oil!!). Set aside to cool down while you make a sandwich
- ✚ Butter bottom side of each bread slice. Mix mayo and mustard together and spread it evenly on the top side of each slice of bread. Next layer is half of the Gruyere cheese, then ham and rest of Gruyere cheese. Brown the bottom side ONLY of each sandwich in a pan (just like making grill cheese sandwiches). Place each sandwich on a non-stick baking sheet ready to go in the oven
- ✚ Slowly mix cooled down flour with milk, Worcestershire sauce and spices. Turn on the heat and cook the sauce until it thickens, whisking non-stop
- ✚ Ladle the sauce (Bechamel sauce) over each sandwich, sprinkle with Parmesan cheese and place under preheated broiler until the top is golden brown and cheese is all melted
- ✚ Cook each egg in some butter and place it on your sandwich
- ✚ ENJOY!!!