



## Food For Thought Recipe and Allergen Card

### Croque Monsieur

50 Portions

Ingredient	Hannah Product Code	Quantity
FFT Bechamel Sauce	See Recipes	3lt
Dijon Mustard	D001428	100ml
White Sourdough Bread	Coultons	8 loves
Gruyère Cheese	Lakes Meat	500g
Fresh Nutmeg	Almonds	2

#### RECIPE METHOD – ALLERGENS

1. Prepare bechamel sauce using FFT recipe.
2. Add some ground nutmeg to the sauce to enhance the flavour.
3. Cut sourdough bread around 1.5cm thick
4. Butter the bread with some soft spread and place in the oven for around 4 minutes on 180.
5. Turn the bread over and spread each slice with a thin layer of Dijon, followed by a layer of the béchamel.
6. Cover the sauce with grated gruyere.
7. Form the slices into two sandwiches, spread a thin layer of the bechamel sauce over the top slice and sprinkle more gruyère on top.
8. Put the sandwiches in the oven and bake for 10-15 mins or until golden.

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : <b>Wheat</b> Rye Barley Oats Spelt Kamut
<b>milk</b>
egg
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
<b>Celery</b>
<b>Mustard</b>
Soya
Lupin
Sulphites
May contain... <b>Gluten</b>