

BC CROQUE-MONSIEUR WITH LOCAL GREEN SALAD & FRENCH VINAIGRETTE



Yields: 1 portion

INGREDIENTS

For the Bechamel Sauce

3 tbsp + 1 tsp	BC Butter	50 ml
1 tsp	Herbes de Provence	5 ml
3 tbsp + 1 tsp	Flour	50 ml
1 cup	BC Milk	250 ml
1/2 tsp	Nutmeg	2 ml
to taste	Salt & Pepper	to taste

For the Sandwich

2 slices	Country Style Bread, 1/2" cut	2 slices
2 tbsp	Dijon Mustard	30 ml
1/2 cup + 2 tbsp	BC Raclette Cheese, trimmed & grated	150 ml
2.8 oz	Country Style Ham, sliced	80 g
2 tbsp	Butter, softened	30 ml
2 tbsp	BC Parsley, minced	30 ml

DIRECTIONS

1. Preheat the broiler to 500F.
2. To make the bechamel sauce, melt the butter over medium heat in a non-reactive pot. Add the Herbes de Provence and sauté for 30 seconds.
3. Add the flour to form the roux and mix. Cook for 2 minutes stirring constantly.
4. Add the milk and whisk until the roux is fully dissolved.
5. Stir and simmer until the sauce boils and thickens. Reduce to a simmer and cook for 2 minutes more.
6. Remove the sauce from the heat to reserve.

7. To assemble the sandwich, spread the mustard on both slices of bread.
8. Spread 30 – 45 ml of bechamel sauce on each slice.
9. On one slice, add enough grated BC Raclette Cheese to cover.
10. Top with ham and more BC Raclette Cheese.
11. Spread another 30-45 ml of bechamel sauce on the other slice and close the sandwich.
12. Butter the top and place the sandwich, butter side down in a heated pan.
13. While the sandwich is cooking, butter the top.
14. When browned, turn the sandwich to brown the other side.
15. When done, remove the sandwich to a foil lined baking tray.
16. Place 60 ml of bechamel sauce on the top of the sandwich.
17. Generously cover the top with more grated BC Raclette Cheese. Be sure to cover all of the bread.
18. Broil in the oven until the BC Raclette Cheese is browned and bubbling.
19. Place the sandwich on a plate and garnish with parsley.

INGREDIENTS

For the Salad

1 tbsp + 1 tsp	Neutral Oil	50 ml
1 tbsp + 2 tsp	White Wine Vinegar	25 ml
2 tsp	Dijon Mustard	10 ml
1 tsp	Herbes de Provence	5 ml
OR		
1 tbsp	Fresh Herbs	15 ml
to taste	Salt & Pepper	to taste

BC Greens, washed and torn into bite sized pieces
 BC Grape Tomatoes
 BC Cucumber

DIRECTIONS

1. Add oil, mustard, vinegar and herbs to a bowl and mix.
2. Season with salt and pepper.
3. Place desired amount of BC Greens, BC Cucumber and BC Tomatoes in a bowl.
4. Dress with French Vinaigrette.
5. Serve immediately.