

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

## Cheese toastie

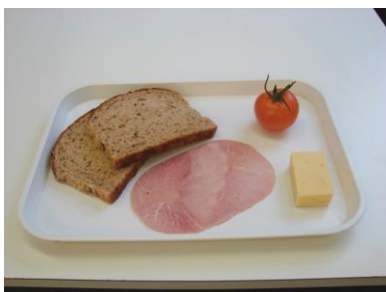
### Ingredients

30g hard cheese, e.g. Cheddar  
1 tomato  
2 slices bread  
1 slice ham

### Equipment

Chopping board, grater, knife, fish slice.

You could use onion or pepper instead of tomato. You could use tuna instead of ham.

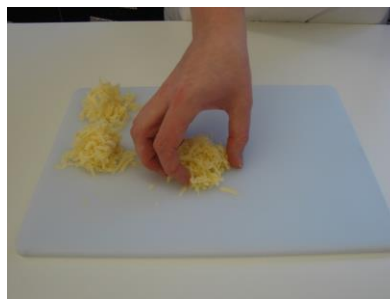


### Method

1. Preheat the grill.

2. Grate cheese on a chopping board – divide into 3 piles.

Check with an adult before using the cooker. Take out the grill pan and make sure there is nothing under the grill before turning it on.



3. Slice the tomato or other vegetables.

4. Place bread under the grill and toast one side..

Use bridge and claw grip and always watch what you are doing when using knives.

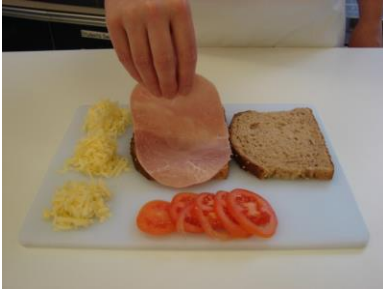


Watch the grill all the time as the bread will toast very quickly. DO NOT LEAVE UNATTENDED

5. Place the toasted bread on a chopping board. toasted side down. Lay the ham over one slice

6. Arrange the tomato over the other slice of bread.

of bread.



7. Sprinkle a portion of cheese over both slices of bread.



9. When the 'cheese is bubbling hot, remove from the grill.



11. Place under the grill until the cheese is melted and golden.



8. Place the 'sandwich' under the hot grill.



Watch the grill all the time as the bread will toast very quickly. DO NOT LEAVE UNATTENDED

10. Press the 2 slices of bread together, and sprinkle the remaining cheese on top.



**Serve with salad or vegetable sticks**