

Cheese and ham toastie

Revise safe use of knives and using the grill to cook food.



Get Ready to cook



Take off Jewellery.



Tie back long hair.



Roll up long sleeves.



Put on an apron.



Wash and dry hands. Collect recipe

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



Method

1. Preheat the grill.



3. Slice the tomato or other vegetables.



Equipment

- Chopping board, grater, knife, fish slice.

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



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



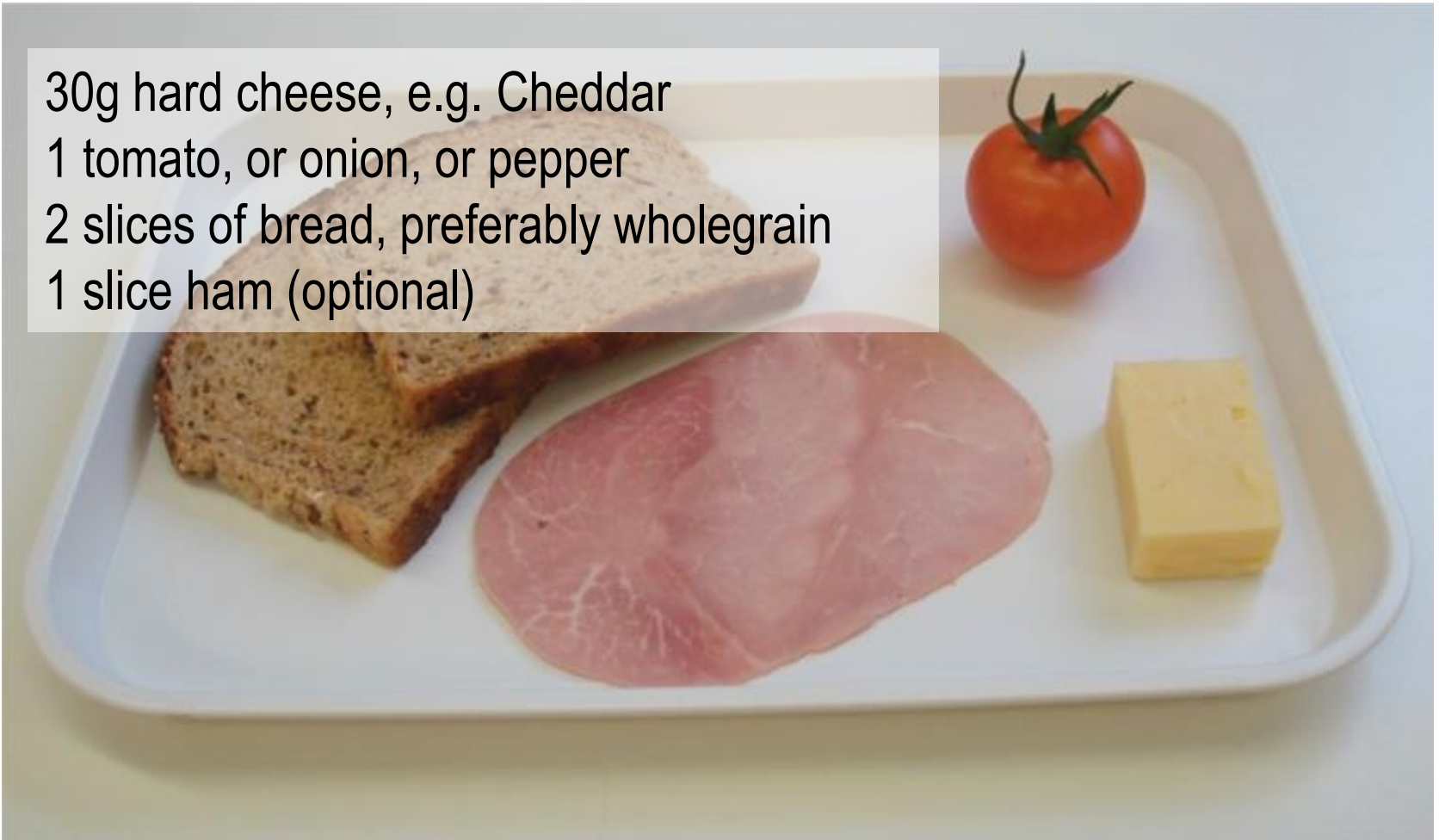
4. Place bread under the grill and toast one side.



Watch the grill all the time as the bread will toast very quickly. DO

Collect Ingredients

30g hard cheese, e.g. Cheddar
1 tomato, or onion, or pepper
2 slices of bread, preferably wholegrain
1 slice ham (optional)



Collect Equipment

Chopping board
Grater
Fish slice
Knife



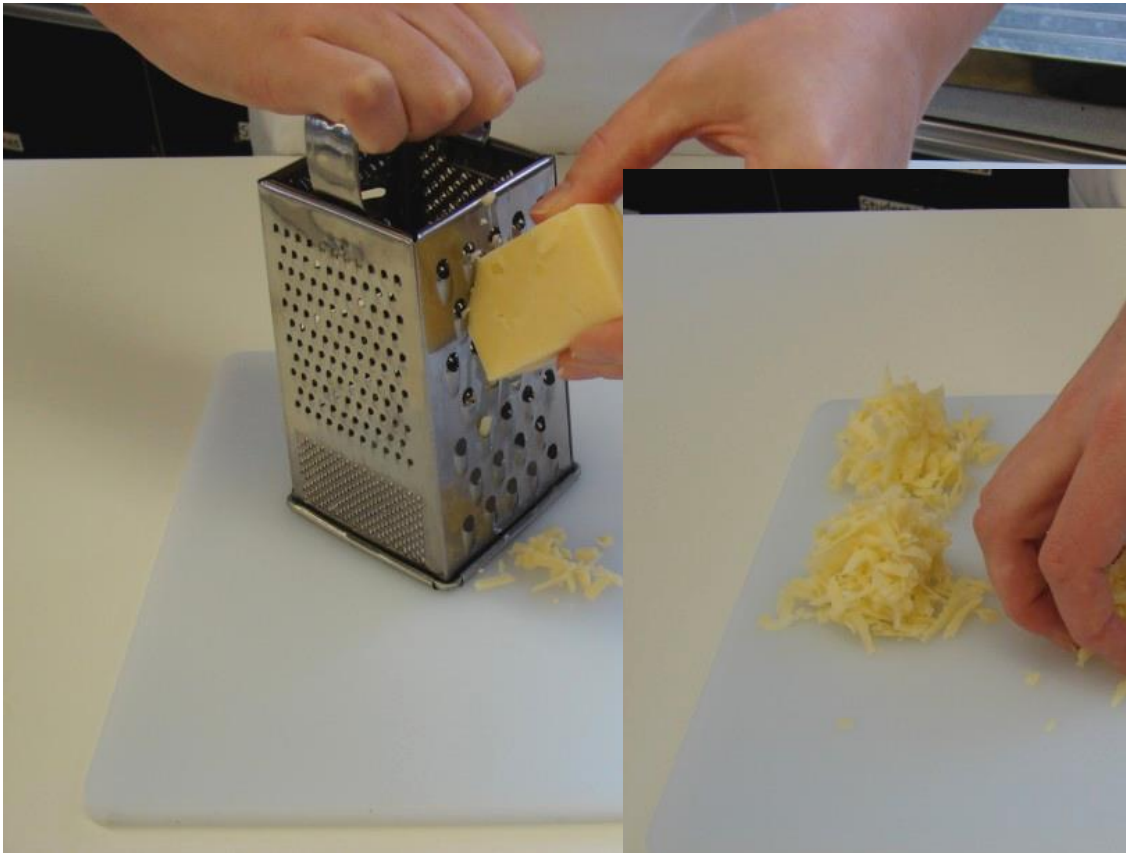
Check with an adult before using the cooker.
Take out the grill pan and make sure there is nothing under the grill before turning it on.

Method

1. Preheat the grill.



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



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

3. Slice the tomato.

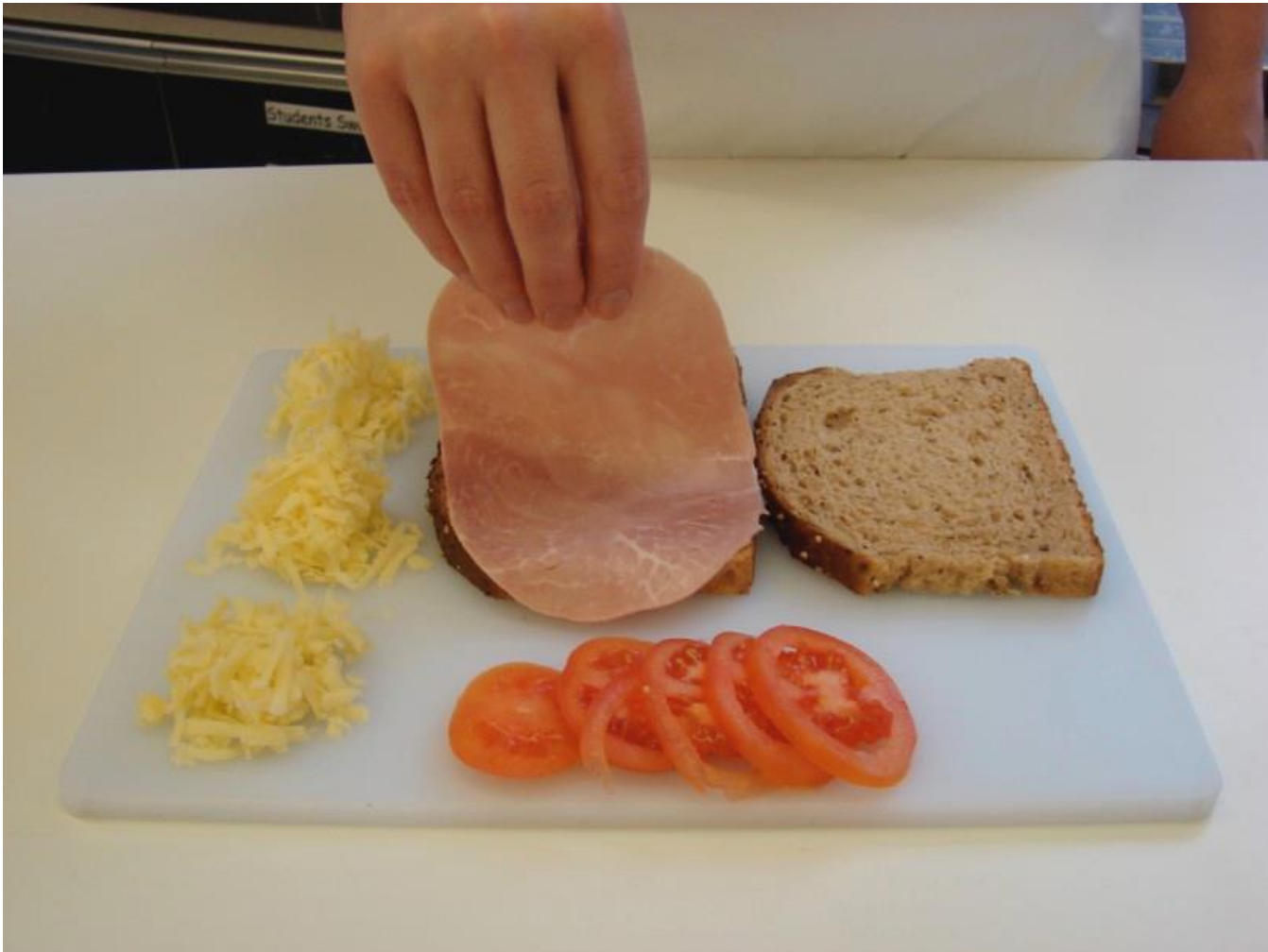


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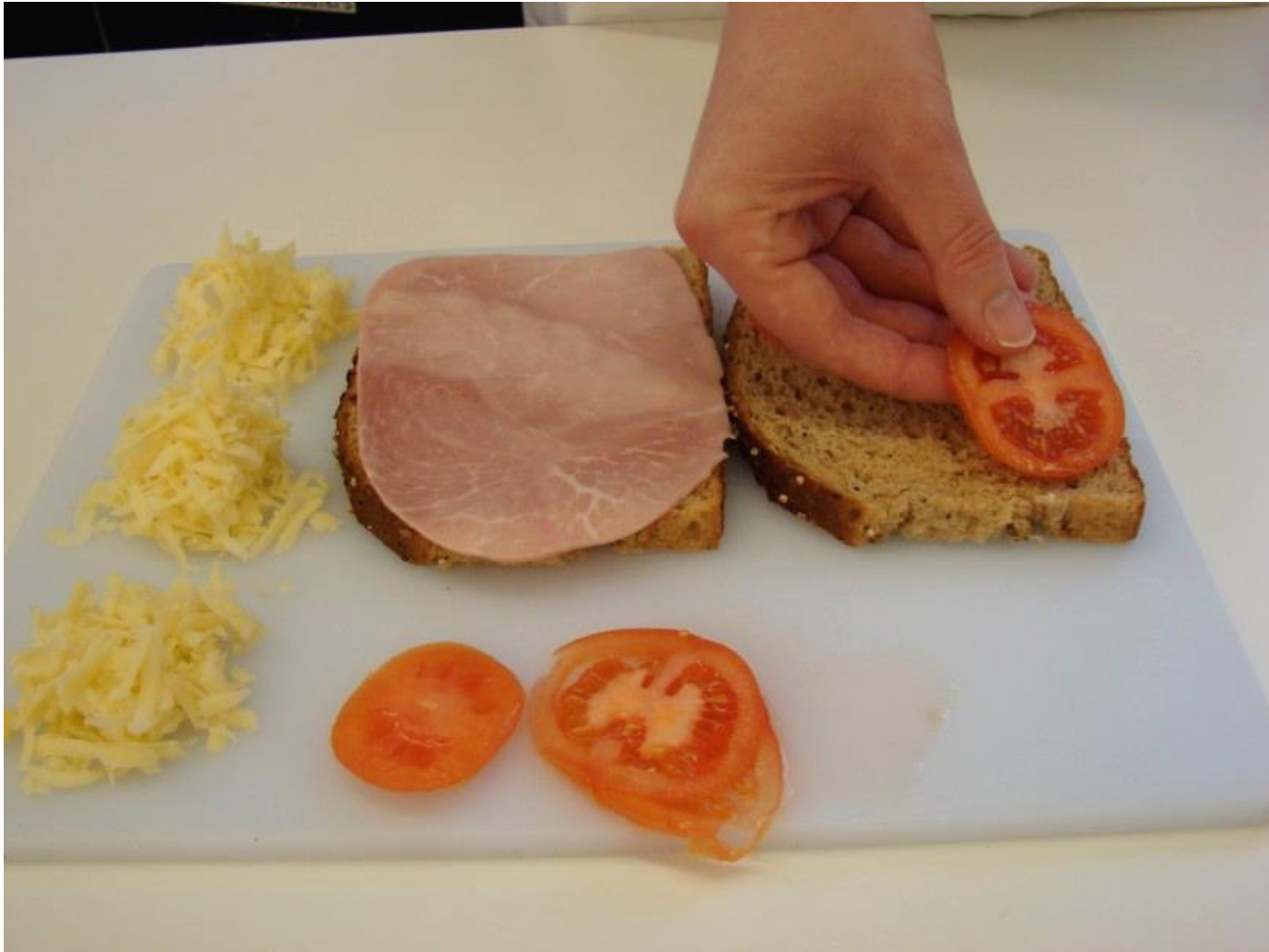


Watch the grill all the time as the bread will toast very quickly. DO NOT LEAVE UNATTENDED

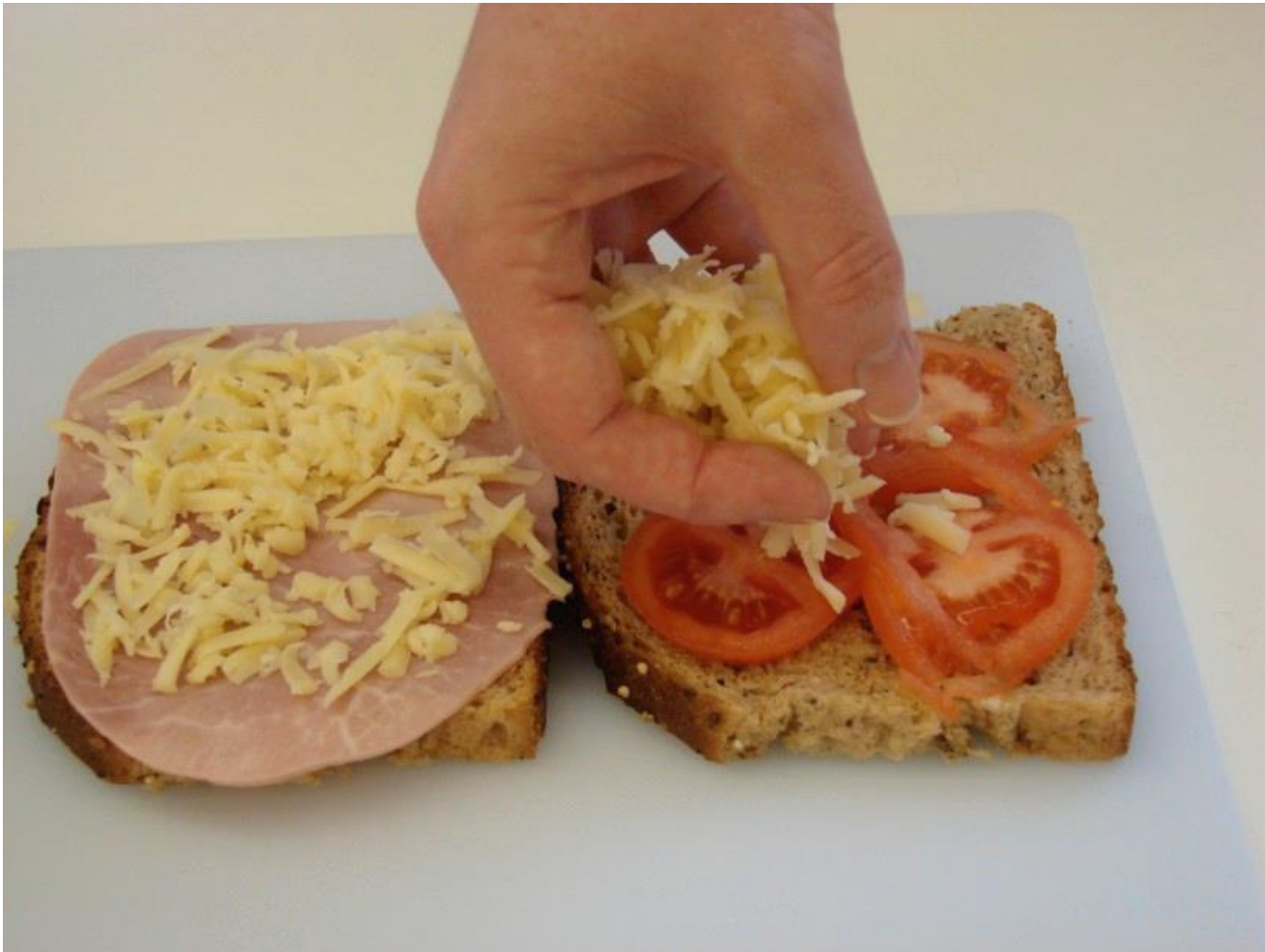
5. Lay the ham over one slice of bread.



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



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



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

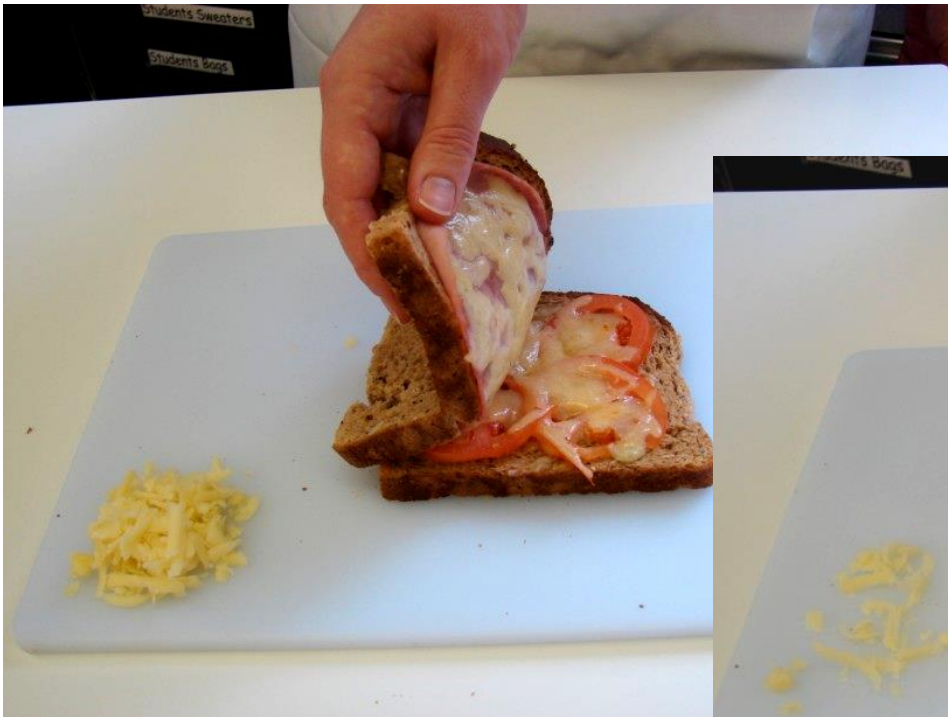


Watch the grill all the time as the bread will toast very quickly. **DO NOT LEAVE UNATTENDED**

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



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



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





Eat your toastie and evaluate it on your worksheet. Remember to wash up and put everything away.

Top tips

- Use different types of bread, e.g. ciabatta, bagel, wholegrain loaf.
- Try adding different varieties of cheese, e.g. Mozzarella, Cheddar, Edam, Brie.
- Go for fruit and vegetables e.g. mushrooms, pineapple, peppers.