

# Croque-Monsieur

When KeeKee visits Paris, she tries a crêpe for the first time in the majestic Tuileries Garden. Her friend Odilia the Duck orders a croque-monsieur crêpe - a crêpe filled with ham and cheese. But a crêpe's not the only way to eat this tasty treat! You can make your very own croque-monsieur sandwich right at home!

## So, what is a croque-monsieur anyway?

A croque-monsieur is the fancy French version of a toasted ham and cheese sandwich. In French, it means, "Mister Crunchy," but KeeKee just calls it "yummy!"

## For KeeKee's Croque-Monsieur, You Will Need:

- 1 adult (to handle the hot stuff)
- 2 tablespoons (30 ml) butter
- 2 tablespoons (30 ml) all-purpose flour
- 1-1/2 cups (345 ml) milk
- A pinch each of salt, pepper, and nutmeg
- 6 ounces Gruyère or Swiss cheese, grated
- 1/4 cup Parmesan cheese, grated
- 8 slices of French bread
- 12 ounces ham, sliced
- Dijon mustard



## Directions:

1. Preheat the oven to 400 degrees Fahrenheit.  
**KeeKee Says:** Have your adult friend do this part!
2. Melt butter in a small saucepan on medium/low heat until it starts to bubble. Add the flour and cook, stirring until smooth (about 2 minutes). Slowly add the milk, whisking as you go, cooking until thick.  
**KeeKee Says:** This step is for adults only! While your adult friend is making the sauce, you can lay out the eight pieces of bread on a baking sheet. Ask your adult friend to toast these in the oven for a few minutes, until they are light brown.
3. Remove the sauce from heat and add salt, pepper and nutmeg to taste. Stir in the Parmesan and 1/4 cup of the Gruyère and set aside.  
**KeeKee Says:** The sauce pan will be very hot, so be careful as you help your adult friend sprinkle in the cheese!
4. Brush half of the toasted slices of bread with mustard. Add the slices of ham and about 1 cup Gruyère cheese. Top with the other toasted bread slices, so you have a sandwich.  
**KeeKee Says:** With your adult friend's help, you can do this step all by yourself! Remember to give each piece of bread the same amount of mustard, ham and cheese!
5. Spoon the cheese sauce on top of all the sandwiches, and sprinkle with the remaining Gruyère cheese. Place all four sandwiches on a broiling pan, and bake in the oven for 5 minutes. Then, turn on the broiler and broil for another 3-5 minutes, until the cheese is bubbly and lightly browned.  
**KeeKee Says:** You can help put the sauce and the cheese on, but the oven step is for adults only!

**Bon Appétit!**  
(That's French for "Enjoy your meal!")

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