Croque monsieur

食谱作者 V-ZUG 瑞族



制备过程	25 分钟
烘烤的时间：烘烤时间取决于机器	12 分钟
份	4
电器	Combair SE 自 2012 年

Béchamel sauce

25 g butter

25 g flour

250 ml milk

Nutmeg

Salt

Pepper

Melt the butter in a pan. Shoot in the flour and stir until a roux forms. Add the milk and stir the mixture as it comes to the boil. Cook the béchamel sauce over a low heat for 20 minutes. Season with salt, pepper and nutmeg.

Croque monsieur

8 slices of toasting bread

4 slices of ham

100 g grated cheese, Gruyère

将发酵桶预加热 湿热风 到 **200 °C**

Arrange 4 slices of toasting bread on the baking tray. Spread 1–2 tbsp béchamel sauce on each slice. Cover with a slice of ham and another slice of toasting bread. To finish, spread 1–2 tbsp béchamel sauce on top and sprinkle over grated cheese.

Put the baking tray into the preheated cooking space. Bake.

放入糕点

在 湿热风 期间为 **200 12** 分钟°C

配件

Baking tray

附加信息

创建时间	11.12.2019