

GRILLED CHEESE SANDWICH



Golden Rule for making Grilled cheese sandwich

Use two types of cheese – mozzarella for stretch and another for flavour (gruyere or vintage cheddar are my favourites).

Give your sandwich press a miss, it will squash your sandwich too much. Use a pan on your stove and enjoy the superior, golden, buttery crust.

Recipe Essentials and Tips

Below is what I think is the ideal grilled cheese sandwich. However, there is ample space for flexibility and personal preference to make what you think is the ideal grilled cheese sandwich. The main thing is to get the basics correct.

Bread: Use any sliced bread, ensuring it's not too thick (cheese won't melt) or too thin/soft (gets squished). Avoid bread with large holes. A good Vienna or Pana di Casa work well.

Cheese: Combine mozzarella (for its melt and pull) with a flavourful cheese like vintage cheddar or gruyere. Other great options include Monterey Jack, Colby, Swiss (Emmental),

Raclette, or regular cheddar. Grate your own cheese for a smoother melt. Avoid pre-grated cheese as it contains anti-caking agents that hinder melting.

Butter: Use salted butter for spreading. If using unsalted butter, add a light sprinkle of salt for the best flavour. You can also add roasted garlic to the butter for more flavour.

Procedure

Everyone has different flavours. If we didn't, then there would only be one type of cheese in the world. Try a few different flavour combinations to discover what you like best.

Grate the Cheese: Grate your own cheese. Avoid pre-shredded cheese with anti-caking agents that hinder melting. If using more than one cheese, mix them together after grating.

Butter Both Sides: Butter all four sides of the bread slices.

Head Start Fry: In a pre-heated skillet/frying-pan over medium-low heat, toast the bread lightly for 1 minute to give it a head start and extra flavour. If you are impatient like me, you can use a higher heat, but I hope you enjoy eating burnt things.

Flip and Cheese: Flip one slice, pile on the cheese, then top with the other slice, toasted side down.

Cook for 3 Minutes: Press down lightly and cook for 3 minutes until the underside is a deep, even golden brown. Adjust heat if browning too quickly.

Turn and Cook Another 3 Minutes: Carefully turn the sandwich and cook the other side for 3 minutes until golden, crisp, and the cheese is melted. Peek inside to ensure thorough melting. You can place a lid on top to trap the heat in and make sure the cheese really melts, but if you follow the recipe you shouldn't need it.

Golden Brown Perfection: Aim for a deep, even golden-brown colour on both sides.

Cut and Enjoy: Transfer to a cutting board, cut in half, and savour the delicious, buttery, cheesy goodness.