

Croque-madame à la Béchamel



Serves 2

Prep 10 mins

Cooking 20 mins

Easy

Ingredients

25g butter

1 tsp of olive oil

1 heaped tbsp plain flour

125ml milk

50g gruyere, grated

4 slices of sourdough or similar bread

2 eggs

2 slices of thick-cut ham

a sprinkling of nutmeg

1. Melt the butter in a saucepan. Add the flour and mix. Then add the milk, stirring with a whisk. The béchamel should not be too liquid.
2. Leave the béchamel to simmer for about 5 minutes on a low heat. Season with salt, pepper and nutmeg.
3. Put half the béchamel on 2 slices of bread. Cover with a slice of ham, then again with another 2 slices of bread. Cover with the remaining béchamel.
4. Sprinkle generously with grated gruyère cheese. Place in preheated oven at 210 ° C/ Fan 190C/ gas 7 for 10 to 12 minutes. 5 minutes before the end of cooking, heat the olive oil in a frying pan and fry the 2 eggs to your liking. Finally remove the croques madame from the oven, gently place each one on a plate and serve immediately.

