

# Ritzy Cheese on Toast

This is just a variation of the plain recipe but requires a little more skill. It's ideal for you to make as a snack. If it's for you, try the brown sauce version, if you are making it for an adult, find out if they like mustard and if they do, try that one.

You will need a few more ingredients for this;

**About 75 grams of mature Cheddar cheese**

**1 tsp plain flour**

**2 tablespoon of milk** (*Doesn't really matter if its full fat or semi skimmed*)

**1 teaspoon of brown sauce or a quarter of a teaspoon of English mustard** (*You can use the less flavoured French mustard if you want, and if you do use just a little bit more*)

**Two slices of wholemeal bread** (*Thick is really good, but an ordinary loaf works just as well*)

First you will need to grate the cheese. If you are using an electric grater ask an adult to help, or at look over your shoulder while you do it. If you have never used one before they can be a bit difficult to master for the first time.

If you are using a hand grater, the holes are really sharp so be careful that your finger tips stay well away from them, or ask for some help.

Grate all the cheese and put it into a small non-stick saucepan.

Using a wooden spoon, mix in the flour and then add the milk. (*Non stick pans have a special coating on them and metal spoons will scratch it so always use wooden ones with none stick cookware.*) Keep mixing all the time as you add the milk and then stir for a few seconds longer.

Put the pan on to a low heat on the stove and heat gently, stirring all the time.

Now is the time to make the toast. Keep an eye on the sauce, as you don't want it to boil. As we are just making plain toast, this time you can use a toaster.

As the toast cooks, remember to stir your sauce and when the toast is done, your sauce mixture should be nice and smooth. When that happens stir in either your brown sauce or your mustard.

Put the toast on a plate and pour the sauce over the top.