

Grilled Cheese Sandwich

Thursday, April 30, 2020 8:04 PM

Ingredients

- 2 slices *fresh* bread (1-1.5cm thick)
- 15 ml butter (unsalted is best)
- 1 ml smoked paprika
- 1 ml dry mustard
- 1/2 ml finely ground black pepper
- 15 grams sharp cheddar (shredded 2mm x 7mm)
- 15 grams gouda (shredded 2mm x 7mm)
- 10 grams fresh mozzarella (shredded 2mm x 7mm)
- 3 grams parmesan (shredded 1mm x 1mm)

Equipment

A heavy, non stick pan is important. I use a 12 inch. A good lid for the pan is also essential -- I use one that is a size too small to better concentrate the heat. A small silicone spreading spatula, and a good flipping spatula sized for your bread is also a must. A grater with a hole geometry no larger than 2mm x 7mm for the soft cheese, and a fine (1mm round) one for the hard cheese. Something to grind and sprinkle dry spices -- I use a mortar and pestle.

Instructions

Shred cheese first. Do not use pregrated. Mix cheddar, gouda, and mozzarella. Form into a neat, bread sized pile and set aside to rest so it can warm up as the other ingredients are prepared.

Recipe variation: tricks to bump up the cheese: 1) lower the heat on the grill, or 2) microwave cheese before grilling, or 3) nuke the sandwich after grilling.

Nuke butter to soften it up. Don't melt, but get it as soft as you can.

Recipe variation: mix a clove of garlic into the butter, increase cheddar cheese to 25 grams, and nix the mozzarella.

Use a mortar and pestle to mix & grind the mustard, paprika, & black pepper. Loosen the mixture from the sides of the mortar so the mix moves around freely -- we will be sprinkling this later.

Butter both slices of bread on **one** side. We need an even coat that covers the entire side. Sprinkle parmesan onto butter, and pat the cheese into the butter with a silicone spatula.

Heat pan on stove top for 2min. Do not butter pan! Drop one slice of bread on pan, slice down. Start 3min timer. Put cheese on bread. Spread it out as evenly as you can, but avoid dropping cheese on pan. Evenly sprinkle spices. Place other slice of bread on top, butter side up. Cover with lid. Do all this quickly -- you should have at least 2min left on your timer.

At the 3min mark, use a silicone spatula to peek under sandwich. If it is grilled to your preference, then flip. To flip, slip a flipper under sandwich and hold all together with a silicone spatula on top. Once it is flipped, start a 2min timer. Gently press down on the sandwich with your flipper till it's done.

Heat setting & preheat time: The proper values are the ones that yield a 3min grill time on the first side of the sandwich. It depends on stove & pan. On my stove with my heavy All-Clad pan it is right on number 5 -- one tick below the "medium heat setting". With my thinner calphalon pan, it is #4 with a 1min preheat. Side two grill time can be much shorter than 2min if you have a thin pan. Trial and error is the only way I know to get it right.