



## PPLD Homeschool: Cooking Up Some Fun

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### Some Fun Facts about Grilled Cheese

- ❖ Though similar recipes were mentioned in ancient Roman texts, the grilled cheese sandwich was technically invented in France in 1910, known as the *Croque Monsieur*.
- ❖ However, most experts agree that the first grilled cheese sandwiches were made in the United States in the 1920s when Otto Frederick Rohwedder invented a bread slicer that made distributing white bread easy and affordable.
- ❖ Shortly before that, processed cheese has been patented by James L. Kraft, whose pasteurizing process ensured that cheese would not spoil, even when transported great distances (the first Kraft plant opened in Illinois in 1914).
- ❖ During WWII, Navy Cooks prepared open faced grilled cheese sandwiches on Navy ships as instructed by government issued cookbooks. These sandwiches were called "American Cheese Filling Sandwiches."
- ❖ In 1949, people finally began to add the second slice of bread to the top of this sandwich to make it more filling, and the sandwich we all know and love was born.
- ❖ The name "grilled cheese" wasn't used until the 1960s; before then it was called "toasted cheese" or "melted cheese" sandwiches.
- ❖ Approximately 3/4 of people who buy sliced cheese make at least one grilled cheese sandwich per month.
- ❖ National Grilled Cheese Day is celebrated on April 12th!



## Recipes

Please use adult help with slicing or heating!

### I. Allison's Grilled Cheese Sandwich

#### Ingredients:

Bread

Butter

Cheese slices (thin)

Optional (onion, apple, kale)

Stone ground mustard

--experiment with your own ingredients—

#### Instructions:

Butter bread slices on one side, flip slices over and add mustard to insides of bread.

Stack up ingredients between bread slices.

Place in heated frying pan (low to medium heat); cover with lid.

Cook on low to med. heat until bread is toasty and golden on one side; flip over until done.

Cheese should be melted.

### II. Betty's Gluten and Dairy Free Grilled Cheese Sandwich

#### Ingredients:

Gluten-free bread

Vegan butter spread

Sliced vegan "cheese"

Avocado (optional)

Mustard

#### Instructions:

Butter bread slices on one side, flip slices over and add sliced cheese.

Scoop out avocado and spread (if desired); add mustard to top slice.

Place in heated frying pan (low to medium heat); cover with lid.

Cook on low to med. heat until bread is toasty and golden on one side; flip over until done.

Adjust heat as needed. Cheese should be melted.

### III. Brady's Grilled Cheese

#### Ingredients:

Whole wheat bread (or bread of your choice)

Butter

Garlic clove (broken open)

Mayonnaise

Cheese slices (American, grated cheddar, or your choice)

**Instructions:**

Cover all sides of bread with mayonnaise.

Heat non-stick electric griddle; carefully rub with butter and clove of garlic.

Place one slice of bread on hot pan.

Add cheese; top with other slice of bread.

Cook until bread is toasty and golden on one side; flip over until done.

Cheese should be melted.

**IV. Amanda's Easy Creamy Microwave Tomato Soup in a Mug****Ingredients:**

7 oz. diced tomatoes

½ tbsp. tomato paste

½ cup broth

1/8 cup light cream

Optional (to taste): sweet yellow onion, basil, pesto, salt and pepper

**Supplies:**

Mug

Blender

Microwave

**Instructions:**

Add all ingredients together in blender.

Blend until smooth.

Transfer soup into a microwave safe mug.

Microwave for one minute.

Let cool and enjoy!

**V. Athena's Cake in a Mug Recipe****Ingredients:**

1/4 cup flour

2 tbs. sugar

1/2 tsp. baking powder

A pinch of salt

1/4 cup milk

1 tbs. oil

1/2 tsp vanilla extract

**Instructions:**

Pour the dry ingredients into your mug and mix.

Add the wet ingredients, and then mix until there are no large clumps or dry flour at the bottom of the mug.

Microwave for 90 seconds. (You may need to adjust this 10 seconds in either direction, based on your microwave's power.)

Be careful pulling the hot mug out of the microwave!

At this point, you could add some icing or a scoop of ice cream, or eat your cake plain. Enjoy!

### **Citations and Resources:**

“Kids Vs. Science: Making The Greatest Grilled Cheese;” Mental Floss video;  
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“How chemistry creates the perfect, gooey grilled cheese sandwich;” PBS News Hour;  
[pbs.org/newshour/science/grilled-cheese-chemistry-forever](https://www.pbs.org/newshour/science/grilled-cheese-chemistry-forever)

“What a cheesy sandwich looks like in 15 places around the world;” Insider; [insider.com/grilled-cheese-around-the-world-2018-10](https://www.insider.com/grilled-cheese-around-the-world-2018-10)

“History of the Grilled Cheese Sandwich;” Daily Dish Magazine;  
[foodiefriendsfridaydailydish.com/national-grilled-cheese-month-history-of-the-grilled-cheese-sandwich/](https://www.foodiefriendsfridaydailydish.com/national-grilled-cheese-month-history-of-the-grilled-cheese-sandwich/)

“The History of the Grilled Cheese;” The Committed Pig blog;  
[thecommittedpig.com/the-history-of-the-grilled-cheese-and-how-you-can-make-your-mark/](https://thecommittedpig.com/the-history-of-the-grilled-cheese-and-how-you-can-make-your-mark/)

“The History of the Grilled Cheese Sandwich;” HowStuffWorks.com;  
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