

# Farmhouse Grilled Cheese

PREP TIME: 10-15 MINS

COOK TIME: 6-8 MINS

YIELDS: 2 SANDWICHES



**Children's Hospital  
of Philadelphia®**

Culinary Medicine

Recipe by Chef Paige Mountain

## Ingredients

- 4 slices bread (sour dough, seeded multigrain, or sprouted bread is recommended)
- 1/3 cup sharp white cheddar, shredded
- 1/2 cup smoked gouda, shredded
- 1/2 cup gruyere, shredded
- 1 heirloom tomato, sliced
- Garlic Spread:
  - 2 tablespoons unsalted butter, softened
  - 1 clove garlic, finely grated or minced (or roasted garlic for a sweeter flavor)
  - 1 teaspoon olive oil
  - Pinch of sea salt

## Qualities

Texture: Crispy/Multi

Scent : 5/10

Spice Level: 0/10

## Recipe Benefits

High Calorie

## Nutrition Content for 1 Sandwich

Calories: 709kcal	Carbohydrates: 38g
Fat: 47g	Fiber: 2.5g
Protein: 35g	Added sugar: 0g
	Sodium: 1194mg

## Directions

1. In a small bowl, combine the shredded cheeses.
2. Sprinkle  $\frac{1}{2}$  of the cheese mixture over two slices of bread.
3. Layer tomato slices over the cheese.
4. Sprinkle the remaining cheese evenly on top of the tomatoes.
5. Top each with the remaining bread slices to close the sandwiches.
6. To make the garlic spread: in a small bowl, stir together the butter, garlic, olive oil, and salt (plus herbs if using) until smooth.
7. Spread the garlic mixture on the outer sides of each sandwich.
8. Warm a skillet or griddle over medium-low heat.
9. Add sandwiches and cover with a lid.
10. Cook 3–4 minutes per side, until bread is golden brown and crisp and cheese is fully melted.
11. Serve warm. Slice diagonally if desired.



## Chef's Tips

1. Shred your cheese fresh. Pre-shredded cheese often has anti-caking agents that prevent smooth melting. Shredding from a block gives that luscious, even melt.
2. Ensure the garlic spread covers the bread edge to edge for even browning and crispness.
3. Use medium or medium-low heat for perfectly golden bread and fully melted cheese. High heat browns too fast and leaves unmelted centers.