

K's Kitchen: Grilled cheese not just for kids

By Kathryn Reed

Grilled cheese might be a staple on children's menus, but big kids like it, too. In fact, it's even becoming trendy at some restaurants – though, that would be outside the Lake Tahoe Basin.



I love grilled cheese each summer in my backyard. (We don't fire up the bbq in winter.)

It probably all started as a kid when Mom would make what she called "cooked cheese". This was one slice of bread with cheese on it cooked under the broiler. The cheese would bubble and even get a little charred. That was super yummy.

The grilled cheese of my adult liking involves more of a sandwich – cheese between two slices of bread.

But it doesn't have to be bland like the kids' menu variety. Try different cheeses between those slices. Try different breads.

And then be creative by adding more than cheese. A staple for us is tomato with the cheese. I also like avocado – the three together.

Something we tried last month was Fuji apple slices with the cheese. When I first read about that combo (where I don't remember) I thought it didn't sound good. But then I thought how I often serve apples with cheese and crackers, so why not

try this combo on the grill. And then there are people who put cheese on their apple pie – something I will never understand.

The apples added a crunch and sweetness to the grilled cheese that was fun and tasty. Sue said she doesn't need this combo again, but I liked it.

These sandwiches don't take long to cook on the barbecue; so don't walk away from the grill. They are done when the cheese is melted.

Make sure the whole piece of bread is covered with each ingredient so every bite has everything on the sandwich.

Sue puts a little bit of olive oil on both sides of the bread before grilling. She puts the sandwiches on the main level of the gas grill for a few minutes, then onto the upper level so they don't burn.