

Recipe

Monte Cristo Sandwich - the Real One

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Ingredients

1-quart oil for frying, or as needed

$\frac{2}{3}$ cup water

1 egg

$\frac{2}{3}$ cup all-purpose flour

1 $\frac{3}{4}$ teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

8 slices white bread

4 slices Swiss cheese

4 slices turkey

4 slices ham

$\frac{1}{8}$ teaspoon ground black pepper

1 tablespoon confectioners' sugar for dusting

Directions

Step 1 Heat 5 inches of oil in a deep-fryer to 365 degrees F (180 degrees C). While the oil is heating, make the batter: In a medium bowl, whisk together the egg and water. Combine the flour, baking powder, salt, and pepper; whisk into the egg mixture until smooth. Set aside in the refrigerator.

Step 2 Assemble sandwiches by placing one slice of turkey on one slice of bread, and a slice of ham on another, then sandwich them with the Swiss cheese in the middle. Cut sandwiches into quarters, and secure them with toothpicks.

Step 3 Dip each sandwich quarter in the batter so that all sides are coated. Deep fry in the hot oil until golden brown on all sides. Remove toothpicks and arrange them on a serving tray. Dust with confectioners' sugar just before serving

Nutrition Facts Per serving: 305 calories; total fat 18g; saturated fat 5g; cholesterol 50mg; sodium 808mg; total carbohydrate 24g; dietary fiber 1g; total sugars 2g; protein 12g; vitamin c 1mg; calcium 220mg; iron 2mg; potassium 133mg