CHEFS' TABLE

CRACKING EGG-CELLENCE

CROQUE MADEMOISELLE

The ultimate comfort sandwich, made unforgettable by its crowning glory—a perfectly fried egg. That golden yolk adds richness and drama, melting into layers of grilled vegetables and creamy mornay sauce. It's not just a topping; it's the moment the dish becomes something extraordinary.

1 sandwich
1 cup (sauce)

20 minutes

INGREDIENTS (MORNAY SAUCE)

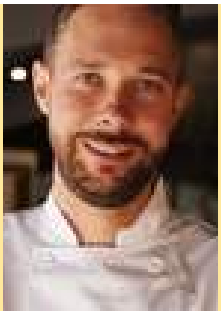
- 1 Tbsp unsalted butter
- 1 Tbsp all-purpose flour
- 1 cup whole milk
- ¼ tsp kosher salt (adjust to taste)
- Pinch of white pepper (or black if preferred)
- ¼ cup grated Gruyère cheese (about 1 oz / 30 g)

INGREDIENTS (ASSEMBLY)

- 1 egg
- 2 (1/2-inch-thick) good-quality firm white sandwich bread slices
- 1 cup of grilled vegetables
- 1 Tbsp Dijon mustard
- 1 Tbsp unsalted butter
- Optional Garnish: chopped chives

DIRECTIONS (MORNAY SAUCE)

1. Make the roux: In a small saucepan, melt the butter over medium heat. Whisk in the flour and cook 1–2 minutes, until slightly golden and nutty (don't let it brown too much).
2. Add the milk: Gradually whisk in the milk to avoid lumps. Bring to a gentle simmer, stirring constantly, until thickened (about 4–5 minutes).
3. Season: Add salt, pepper, and nutmeg to taste.
4. Finish with cheese: Remove from heat. Stir in the Gruyère (and Parmesan if using) until smooth and melted.



MEET CHEF JOSHUA DYER

The Wilde
ON 27

Chef Joshua Dyer is an accomplished chef, educator, and culinary innovator, currently serving as the Area Executive Chef for Concord Hospitality Calgary. With a career spanning continents and accolades, Chef Dyer has made a remarkable impact on the hospitality industry. Among his achievements, he was named one of the Top 30 Under 30 culinary artists by the Ontario Culinary Tourism Alliance—a testament to his talent and leadership.

CROQUE MADEMOISELLE (CONTINUED)

DIRECTIONS (ASSEMBLY)

1. Preheat oven to broil, positioning the rack about 8 inches from the heat source.
2. Heat a large nonstick skillet over medium-high. Spread 1 tablespoon butter evenly on one side of each bread slice. Place slices buttered-side down in the skillet; toast until golden and crisp, 2–4 minutes. Transfer to a work surface, toasted side down. Wipe skillet clean.
3. Spread one slice of bread with the Dijon mustard, and top with the grilled vegetables.
4. On the other slice of bread, spread 2 Tablespoons of the Mornay sauce, and place on top, sauce-side down.
5. Spread remaining Mornay sauce on top of each sandwich. Transfer sandwich to a rimmed baking sheet, and place under broiler until bubbling with golden spots, approximately 5–7 minutes.
6. While the sandwich is in the oven, melt remaining 1 tablespoon butter over medium-high in cleaned skillet. Crack the egg into the skillet and cook undisturbed until whites are set but yolks remain gloriously runny, about 3 minutes. For extra drama, spoon hot butter over the whites to crisp the edges. Do not overcook - you want the yolk to stay soft!
7. Remove sandwich from oven and transfer to plate. Carefully top with the fried egg - centre it like a crown.
8. Garnish with chopped chives. Enjoy!