



OOEY GOOEY

An Ode to the Grilled Cheese Sandwich (With Cooking Tips)

We take a look at the history and evolution of this famous cheese-and-bread combination.

From avocado toast to hamburgers on English muffins, sandwich trends come and go but the popularity of the simple grilled cheese endures. With every new fad, it refuses to fade; it stands firm on menus, as it has for millennia.

The French have their Croque Monsieur and the Italians their panini, but I prefer our buttery golden squares. I will forever be in awe of the deliciousness that can spring from three humble ingredients found in. Just let me have my cheddar cheese between two pieces of white bread and all is good with the world.

Of course, the grilled cheese sandwiches encountered on restaurant menus or Instagram these days tend to be more complicated than that. It's now about pedigree when it comes to the bread and,

especially, the cheese. “From France to Wisconsin to small New York goat farmers, the respect for the origins and process of cheese-making are back on the forefront,” says New York restaurant consultant Arlene Spiegel. “The variety allows chefs to show off their cheese knowledge while providing a ‘halo’ effect on this simple dish.” A \$15 grilled cheese sandwich from an exquisite cheese shop is a food lover’s version of that \$37 Chanel lipstick — an affordable luxury.

Part of grilled cheese’s staying power, it seems, is its uncanny ability to evolve in step with the taste of our times, while remaining true to its original self. What will we prize in our food choices decades from now? Whatever the case may be, I know I’ll find a grilled cheese sandwich on the menu to answer my every craving.