

# MARMITE TOAST

From the Kitchen of: Anna Wysocki, Sustainability Intern, OSI

**Preparation Time:** 5 minutes | **Servings:** 2 slices

**Common Allergens:** Wheat, Milk (Optional)

"I didn't grow up eating marmite, but my spouse's family introduced it to me when we were first dating. Before then, I thought it was a strange, wholly unappetizing health food of some kind. Now I consider marmite toast to be one of my favorite cozy foods. When my spouse and I are planning to spend a weekend morning at their parents' house, we look forward to reading or watching something cozy in our pajamas and eating cereal or marmite toast," says Anna.

"My in-laws moved to Southeast Michigan in the 1970s. They made their home in Plymouth, exactly halfway between each of their workplaces, but they have always affiliated with Ann Arbor. Outside of Ann Arbor, I'm not sure where you can buy marmite! In fact, we would love it if marmite became a part of our local food system, which seems feasible since marmite is made from the byproducts of brewing beer!"

## INSTRUCTIONS:

- Toast the bread to your desired toastiness level.
- While you are waiting for your bread to toast, slice or shred enough cheese to cover each piece.
- When the toast is ready, spread your desired amount of butter on top, then spread a thin layer of marmite on the toast, adjusting based on your taste preference. Marmite is rich with a tangy, savory flavor, so your preference may vary.
- Finally, top with cheese! If you have time, melt the cheese slightly by placing the prepared toast in a warm oven.
- Serve and enjoy!

## INGREDIENTS:

- 2 slices of bread, such as whole-grain, sourdough, or Italian
- 1-2 Tablespoons butter or plant-based buttery spread
- 2-4 ounces English coastal cheddar cheese, sliced thinly (optional)
- 1-1 1/2 teaspoons Marmite

## USE UP BREAD CRUMBS:

"Any time that you have crumbs remaining on the cutting board after slicing bread, or at the bottom of a package of crackers, unsweetened dry cereal, or other grain-based foods, don't just throw them out. The crumbs can be accumulated in a designated container in the refrigerator and used periodically as an ingredient in a later dish, such as to thicken a homemade soup, stew, or chowder, or to replace store-bought breadcrumbs in making a breading," according to community member Randy Schwartz, who adds, "When eating a bowl or plate of pasta with pasta sauce, toasting and sprinkling these crumbs on top elevates the dish to the extent that you might want to skip sprinkling cheese on it!"