



Welsh Rarebit



Servings: 4
Total Time: 30 mins
Cooking Time: 20 mins
Pre-heat Oven to Grill



INGREDIENTS

50g *butter*
50g *self-raising or cake flour*
250ml *beer (at room temperature)*
250g *Strong Cheddar cheese, grated*
2 *tsp English mustard*
2 *Tbsp Worcester sauce*
freshly ground black pepper



4 *slices toast, buttered*
1 *Tbsp freshly chopped parsley*

METHOD

Over a medium heat, melt the butter in saucepan and whisk in the flour. Cook for 1 min.

Whisk in the beer until a smooth, thick sauce is formed.

Add the cheese & stir until fully melted.

Stir in the mustard & Worcester sauce and season well with ground black pepper.

Arrange the toast in a warm serving dish and pile the Welsh Rarebit on top.

Grill for a few mins until golden brown and bubbling.

Garnish with parsley & serve.



SERVING SUGGESTION

Spoon the Welsh Rarebit sauce over hot grilled tomatoes and serve with fresh hot bread and a salad.

VARIATION

Substitute the beer with creamy milk.

