Posted on 26 June 2014

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Welsh Rarebit



Ingredients

25g butter
25g plain flour
150 ml milk
70g mature cheddar
70g Cheshire cheese
1 teaspoon of English mustard
1 tablespoon of Worcestershire sauce
Cayenne pepper
2 eggs
4 thick slices of multispeed and rye bread

Preparation

1. 1. Cut the butter into pieces and melt it gently over a low heat in a heavy bottomed saucepan. Add the flour a little at a time, stirring constantly to mix the flour and butter, until all the flour is mixed in.
2. 2. Warm the milk in a separate small pan and pour it in, a little at a time, beating it into the flour mixture until you have a smooth, thick roux.
3. 3. Grate the cheddar and Cheshire cheeses then sprinkle them both into the sauce, stirring until the cheese has melted completely.
4. 4. Add the mustard, Worcester sauce and a sprinkling of cayenne pepper, and check the seasoning. If you like your rarebit to have even more of a kick, add another teaspoon of mustard or Worcester sauce.
5. 5. Separate the yolks of the eggs and discard the whites. Beat the yolks and whisk them well into the sauce. Turn off the heat and allow to cool slightly. The sauce should now be very thick, separating from the sides of the saucepan.
6. 6. Cut four thick slices from the multiseed loaf and toast them under the grill, just lightly on both sides. Remove from the grill and place a generous portion of the rarebit sauce on each slice. Make sure that you cover right up to the edges or the toast will burn. Cook again under the grill for a few minutes, until the cheese sauce is bubbling and beginning to turn golden brown.
7. 7. Serve straight away with fresh baby salad leaves and slices of juicy plum tomatoes.

Cooks Note