

Welsh rarebit – Cheese on toast with attitude!

INGREDIENTS:

350g Mature Cheddar, grated

1 large egg, lightly beaten

2tbsp milk (beer for adults, preferably stout)

1tsp Worcestershire sauce

1tsp English mustard

Pinch cayenne pepper or a few drops of Tabasco sauce

8 thick slices white bread

Serves 4

15 mins

Method:

1. Set aside 1 heaped tablespoon of grated cheese. Mix the rest with the egg, milk (or beer), Worcestershire sauce, mustard and cayenne, (or tabasco) until it forms a loose paste.
2. Preheat the grill to high and toast the bread on both sides. Spread the cheese mixture on top and then sprinkle on the reserved cheese.
3. Grill until the cheese is melted and starting to turn golden brown.
4. Serve and eat immediately.