



Welsh Rarebit Recipe and History

This simple but very popular dish of toasted bread covered in melted cheese and mustard and spices has been around since the 1500's under the name "caws pobi" which is Welsh for toasted cheese. The first recorded reference to the dish comes from 1725 where it was called Welsh Rarebit.

Ingredients

- 50g/2oz flour
- 50g/2oz butter
- 50ml/2oz strong beer, warmed
- 250ml milk, warmed
- 250g/9oz strong cheddar, grated
- 2tsp English mustard
- 2 tbsp Worcestershire sauce
- black pepper
- 4 large slices granary bread

Method

1. In a sauce pan add the beer and place onto the stove until you have reduced it to about the amount to fill an egg cup. Place a small saucepan on the stove melt the butter and make a roux with the flour. Cook for a couple of minutes, stirring to prevent the roux from burning. Stir in the warm milk by degrees, then slowly add the rest of the milk until you have a thick but smooth sauce. Add the grated cheese and stir until melted. You should now have a thick paste. Mix in the mustard and Worcestershire sauce and season well with black pepper.
2. Lightly toast and butter the bread, then pile up the cheesy mixture on each slice. Cook under a hot grill for a few minutes, until browned and bubbling.
3. Enjoy!