

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Welsh Rarebit

super satisfying and super easy, ready in under 25 minutes!

This recipe has a history dating back to around the 1500s and like so many great recipes, its simplicity makes it all the more delicious!



Ingredients

50gram	butter (cut into pieces and softened to room temperature)
350gram	cheese (Caerphilly or mature cheddar, grated coarsely)
8 Tbsp	milk
1 Tbsp	English mustard
2 Tbsp	Worcestershire sauce
	black pepper (to taste)
4 slices	bread cut 1inch thick (granary, seeded and sourdough work well)

Options for accompaniments

Green salad, poached or fried egg (*buck rarebit*), grilled asparagus or tender stem broccoli, pickled onions and gherkins, fruit chutney or cold cuts of meat, thinly sliced.

Method

Preheat your grill on high setting.

Toast both sides of the bread to golden brown.

Whilst the bread is toasting, place the butter into a heat proof bowl and gently melt in the microwave until just melted.

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Add the grated cheese, mustard, Worcestershire sauce and milk and beat together.
Divide the cheese mix evenly onto the toasted bread slices and spread to an even
thickness.

Ensure the cheese mix covers the edges to prevent the bread from burning.

Place the bread slices onto a baking sheet and place back under the grill for approx. 4 –
5 minutes)

Whilst the bread is grilling, prepare your accompaniments.

The rarebit is ready when the surface is golden brown all over and bubbling.

Remove from the grill and transfer to serving plates.

Add your choice of accompaniment and serve.

Blasus! (Welsh for enjoy!)

Notes from the chef:

*Traditionally, this dish is made with a malted beverage (ale or stout) and this adds an
amazing depth of flavour.*

The cheese mixture can be enriched by using cream or egg yolks.

This dish is so popular it even had its own national day! September the 3rd.

*The recipe needs a ‘hard’ cheese to work – Lancashire, Cheshire and Double
Gloucester also work well*

Tbsp - tablespoon

Tsp - teaspoon