

GF Friendly

Rare Welshbit

cheese on toast with a difference

Yes, I know it looks like a typo, but I couldn't call my version "Welsh Rarebit" because I didn't stick to the traditional recipe. My problem was the beer which was supposed to be brown ale. I only drink the Aussie brew – pale like lager. Next, I realised I didn't have any dry mustard powder, so I used hot English from the jar instead; then I lobbed in a tablespoon of mayo just for jolly. By this time I figured I was straying so far off the mark that I might as well go the whole hog and defrosted some slices of pig – it really was fun to experiment, and it tasted great.

For the Gluten-Free alternative, substitute milk for the beer and add a level teaspoon of GF brown sauce; and, of course, GF bread for the toast.

- 25g butter plus 1 tsp olive oil
- 1 level Tbsp plain flour
- 2 Tbsps milk
- 4 Tbsps lager-style pale beer
- 1 tsp hot English mustard
- 125g grated cheddar cheese
- 1 level Tbsp mayonnaise
- Salt and pepper (optional)
- 4 slices toast
- 4 pieces of lean bacon (eye or middle cut)



Remove the rind from the bacon and, if using long rashers, cut to roughly the size of the bread. Boil these in a little water for five minutes to reduce the fat and salt, then drain. This can be done the day before and the bacon kept in the fridge until needed.

Toast the bread and allow to cool in a rack or standing up – that way it will stay crisp. Melt the butter over a low heat in a pan with the oil – this prevents burning. Mix in the flour and keep stirring for about 2 minutes. Remove from the heat, add 2 tablespoons of milk plus 1 tablespoon beer and stir well to remove lumps. Return this to the stove and re-heat, stirring constantly until thickened. Now put in all of the other ingredients (except for the bacon and toast, of course!). Stir this continuously over a low to moderate heat until the cheese has melted, but **avoid boiling**.

Spread a little of the pan mixture on each piece of toast and place these on a grill tray. Top with bacon slices, pour the remaining cheese mixture over evenly, then grill until bubbling and golden brown.

Serves 2

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