

Welsh rarebit



Ingredients

100g hard cheese, e.g. Cheddar or Caerphilly
3 x 15ml spoons of milk
¼ x 5ml spoon of made mustard
2 thick slices of bread



Equipment

Chopping board, grater, measuring spoons, small mixing bowl, spoon, oven gloves, tongs, table knife, fish slice.



Method

1. Preheat the grill.
2. Grate the cheese and place in the bowl.
3. Add the mustard and milk to the cheese and stir everything together.
4. Carefully, put the bread on a grill pan and, using the oven gloves, place under a hot grill, until the bread is toasted on one side.
5. Carefully, remove the toast from the grill and place it on the chopping board untoasted side up.
6. Spoon over the cheese mixture and spread it right to the edges.
7. Carefully, place the toast back under the grill and cook until the cheese has melted and bubbles.
8. Carefully, remove the Welsh rarebit from the grill wearing oven gloves and serve.



Handy hints

- Add chopped tomato or spring onion to the cheese mixture before cooking.
- Lay a slice of ham on the bread, then top with the cheese mixture.
- Why not try different types of bread, such as bloomers, bagels and soda?

Serves 2