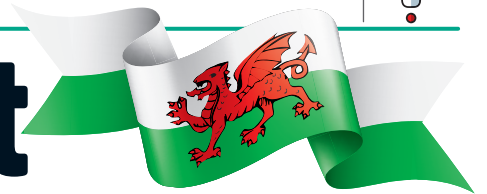


How to...

Make Welsh rarebit



What you need

- 225g mature cheddar cheese
- 25g butter, melted
- 1 tbsp Worcestershire sauce (or vegetarian equivalent)
- 1 tbsp mustard
- 1 tbsp plain flour
- Freshly ground black pepper
- 4 tbsp milk
- 4 thick slices of bread



Celebrate St David's Day with this delicious cheesy dish. St David's Day is on 1 March and it is a celebration of Wales and Welsh culture. St David was a preacher who set up many churches across Wales before he died in AD589, and was said to have performed miracles. Today, many Welsh people celebrate their national day by wearing daffodil or leek badges, which are both symbols of Wales.

Welsh rarebit is a slightly fancier version of cheese on toast, made by creating a tasty cheese sauce that you spread on bread and grill. A recipe for first appeared in a cookbook in the early 18th century – but a reference in Wales to delicious roasted cheese (*caws pobi* in Welsh) dates back all the way to 1542. Welsh rarebit is still so popular there is even a National Welsh Rarebit Day (3 September).



Instructions

1 Grate the cheese and put it in a saucepan along with the butter, Worcestershire sauce, mustard, flour and a dash of black pepper. Mix it all well and put over a gentle heat. Gradually add the milk to moisten but take care not to make the mixture too wet.

2 Stir until the mixture is melted. When it has reached a thick paste, remove it from the heat and leave it to cool a little.

3 Meanwhile, toast the bread lightly before spreading the cheese mixture on one side. Grill gently until the topping is cooked through, bubbling and nicely browned.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy



WARNING!
Ask an adult before you start cooking.



TOP TIP

The mixture can be made beforehand and kept in the fridge. It will keep for a few days.

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