

Welsh Rarebit

Ingredients:

- 15g butter
- 2 tsp plain flour
- 1 tsp English mustard powder
- ¼ tsp cayenne pepper
- Good glug of Worcester sauce, plus extra to serve
- 150ml Welsh beer
- Pinch of sugar (if desired)
- 300g cheese of choice, ideally a 50:50 mix of Caerphilly and cheddar (see 'notes from the chef' section above for more details)
- 4 thick slices of good quality white sandwich bread

Method:

1. Melt the butter, stir in the flour, and cook for a couple of minutes.
2. Add mustard powder, cayenne, Worcestershire sauce, then the beer; cook briefly while stirring.
3. Reduce the heat and add the cheese gradually until melted; let the mixture cool.
4. Grill the bread on both sides, then spread on the rarebit mix.
5. Grill again until bubbling, score the top, and add more Worcestershire sauce if you like.
6. Serve with a mustard-dressed salad or chutney—and add a fried egg if you fancy.

Caws Pobi Cymraeg

Cynhwysion:

- 15g o fenyn
- 2 llwy de o flawd plaen
- 1 llwy de o bowdr mwstard Seisnig
- ¼ llwy de o bupur cayenne
- Llawer da o saws Caerwrangon, a mwy i'w weini
- 150ml o gwrw Cymreig
- Pinsied o siwgr (os dymunir)
- 300g o gaws o ddewis, yn ddelfrydol cymysgedd 50:50 o gaws Caerffili a cheddar (gweler yr adran 'nodiadau gan y cogydd' uchod am fwy o fanylion)
- 4 sleisen drwchus o fara brechdan gwyn o ansawdd da

Dull:

1. Toddi'r menyn, cymysgu'r blawd, a'i goginio am ychydig funudau.
2. Ychwanegu powdwr mwstard, cayenne, a saws Worcester, wedyn y cwrw; coginio'n fyr gan gymysgu.
3. Lleihau'r gwres a chymryd y caws ychydig i mewn ar y tro nes ei fod wedi toddi; gadael y gymysgedd i oeri.
4. Grilio'r bara ar y ddwy ochr, yna lledaenu'r gymysgedd ar y sleisys.
5. Grilio eto nes ei fod yn byblig, sgorio'r top, a ychwanegu mwy o saws Worcester os dymunwch.
6. Gweinwch gyda salad â gwisgo mwstard neu chutney—ac ychwanegwch wy wedi'i ffrio os mynnoch.