**WELSH RAREBIT**

INGREDIENTS

1 oz butter

1 level TBSP flour

2 TBSP stout/ale

Salt, pepper, Worcestershire sauce

1 TSP dry English mustard (or Dijon if you prefer)

2 TSP chopped sage

6 oz grated cheese (white cheddar)

4 slices bread (lightly toasted)

METHOD

* Melt the butter in a pan, stir in the flour, add milk and stir until you have a smooth sauce;
* Add the beer, mustard, cheese, sage & seasoning to taste;
* Put pan back on low heat for 5 minutes until all cheese melted;
* Spread on the toast and grill.
* ENJOY

Also very nice done with cider and Caerphilly.

If you don’t want to use alcohol, use double cream/milk.