

No more pouring last night's can contents down the sink. Simply tip it straight into the rarebit mixture



BEER CHEF

Welsh Rarebit

There's more to it than cheese on toast, you know

→ Oozing, bubbling, golden topped, melted cheese, a molten mass of taste and texture. Throw away the rulebook. This is five minutes from start to finish for a flavour explosion – a full frontal beer and food assault on the senses. *Ready, Steady, Cook* is only halfway through and you're thinking about a second round. How many things in life can give such ecstasy in such little time? This is extra sensory stuff beyond imagination. If chocolate does it for women, then surely it's cheese for us chaps.

So what's it all about then? Is it a sexual thing, or a simple 'back-to-the-womb' comfort craving? Is it rarebit or rabbit? Is it, in fact, Welsh at all, or as English as your maiden aunt's tea service? The truth is, once you take that first orgasmic bite, you won't give a damn. No need to get hung up on devolutionary debate or open cans of Freudian worms. Far better a tin of creamy-headed Murphy's stout for quite simply

the best cheese on toast this side of the Cheddar Gorge. The only really galling thing is, it wasn't me who thought of putting the beer in it.

Light lunch, sorted snack, high tea or even Champagne canapé (just cut into neat little squares), this cheesy chomp is versatility personified. No more pouring last night's can contents down the sink either. Simply tip straight into the rarebit mixture for a hangover-busting breakfast and the ultimate in beer re-cycling. Just make sure that you remember to check for fag butt floaters first. You don't even have to worry too much about what beer you're pouring in – try a bit of home blending for that special signature dish. The only thing to remember is to try to avoid lager as far as possible. I use Murphy's Irish Stout here. It's rich, smooth and creamy – all in all the perfect weekend breakfast accompaniment.

Richard Fox

The recipe Murphy's Rarebit

Ingredients

280g grated cheddar cheese
100ml Murphy's Irish Stout
1 tsp English mustard powder
1 egg yolk
A pinch of pepper
4 slices of bread

Method

Toast the bread and then mix all the remaining ingredients together in a large mixing bowl. Spread thickly on the slices of toast making sure the mixture goes right up to the edges to avoid them burning when grilled. Place under a hot grill until golden brown. Serve immediately. Makes four slices.



Richard Fox:
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