

Welsh Rabbit (or Rarebit) from BeanPlate

Serves 4 to 6

3 cups Cheddar cheese, grated

1 T. butter

1 cup flat beer, ale, white wine, or champagne*

1 egg, lightly beaten

1 t. Worcestershire sauce

1 t. salt

1/2 t. paprika

1/4 t. dry mustard

1/4 t. curry powder

a pinch of cayenne pepper

8 slices of toasted bread

Fill bottom of double boiler with an inch of water, bring to a boil. Melt butter in top of a double boiler. Add cup of beer (or wine) and heat until warm. Gradually add cheese, stirring constantly with a fork until melted and smooth. Add egg, Worcestershire, salt, and dry spices. Cook sauce, stirring constantly, for one to two minutes, until sauce thickens slightly. Pour cheese over toast and serve.

*If you'd prefer not to use alcohol or don't have any alcohol on hand, you can substitute tomato juice for the beer and make a "Blushing Bunny." Very virtuous, still tasty.

<http://beanplate.blogspot.com>