



Food For Thought Recipe and Allergen Card

Welsh Rarebit

50 Portions

Ingredient	Hannah Product Code	Quantity
Egg Yolk	C00350	3
Grated Cheese		750g
Brown Baguette		5
Margarine	C000266	150g
Plain flour	D200205	150g
Mustard		2 tsp
Worcestershire Sauce	SP00045	2 tsp
Salt and Pepper		To taste
Apple Juice		

RECIPE METHOD – ALLERGENS

1. Melt the margarine in a heavy bottomed saucepan
2. Add the flour to make a roux and cook for 3 minutes
3. Warm the apple juice and gradually add to the roux to make a thick sauce
4. Add the cheese half at a time until thick and the mixture comes away from the edges of the pan
5. Add mustard, Worcestershire sauce and season with salt and pepper
6. Allow to cool, then spread the mixture generously on to the baguette
7. Cook in a preheated oven at 180°C for around 7 minutes or until golden on the top
8. Serve immediately

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...