

Welsh 'rabbits'

Welsh rarebit is a slightly enriched version of cheese toast but kids will probably enjoy this version of 'rabbit'.

Ingredients:

Makes: 1 portion

1/3 cup grated cheddar

1 egg yolk

1 teaspoon cream or milk

2 or 3 drops Worcestershire sauce (or to taste)

Pepper, to season

1 English muffin, split and lightly toasted

To decorate:

Peas, thin slices of carrot or snow peas, 1 black olive (pitted and halved), 1 spring onion a few fresh chives to garnish.

Directions:

Preparation: 5min › Cook: 4min › Ready in: under 10 minutes

1. Preheat the grill to high.
2. Put the cheese, egg yolk, cream and Worcestershire sauce into a bowl and mash together.
3. Season to taste with pepper.
4. Spread the cheese mixture on the cut sides of the toasted muffin, spreading right to the edges.
5. Place the cheese-topped muffin halves about 3 inches away from the heat source (one rack down from normal grilling position).
6. Grill for 3 to 4 minutes, until the cheese has melted and is golden and bubbling.
7. Decorate the cooked muffin halves with peas for eyes and strips of carrot or snow peas for ears, half an olive for a nose, chives for whiskers, and spring onion for teeth.
8. Serve immediately.

Recipe courtesy of parenting.com

