

Welsh Rarebit on herb crumpets

Rarebit

50ml	Whipping cream
1tbspn	Ale
1tspn	English mustard
225g	Mature grated cheddar
3	Egg yolks
	Hendersons relish

Crumpets

450g	Plain flour
15g	Salt
15g	Fresh yeast
600ml	Warm water
1.5tbspn	Chopped fresh herb



Boil the cream in a medium pan until it starts to thicken. Add the ale and bring back to the boil. Remove from the heat and stir in the cheese, mustard and Hendersons. Cool slightly and beat in the egg yolks. Place in a container and refrigerate for 6-8 hours.

Sieve together the flour and salt into a large bowl. Mix together the yeast and 3 tablespoons of the warm water. Whisky 3/4 of the warm water into the flour then whisk in the yeast liquid. Cover with cling film and place somewhere warm until the mixture has risen.

Add the chopped herbs, check the consistency. If the batter is too thick add some of the remaining water. Leave the batter to stand for 10 mins.

Warm a non-stick frying pan on a low heat. Grease some metal rings 7cm in diameter and add a little batter to the pan. Place in the rings in the pan and pour in some of the batter approx. 1cm deep.

Cook on a low heat until small holes appear on top and the crumpets start to dry out. The bottom of the crumpet should be golden brown and can be turned over and cooked for another few minutes.

The crumpets can now be topped with Welsh Rarebit and grilled until golden brown. Serve with some pickle and tomato chutney.