

## Tames' Welsh Rabbit

This dish, along with scotch woodcock, was traditionally served when nothing was bagged at a shooting party or hunt.. Every region in the British Isles has its own recipe. This is a simple microwave version that tastes great.

### Ingredients

8 oz. (2 Cups) shredded cheese  
4 Tbs. (1/2 stick) butter  
1/4 cup flour  
1/8 tsp. ground red pepper  
1/8 tsp. dry mustard  
1/2 tsp. coarse salt  
1/2 cup beer or ale  
1 1/2 cups milk  
1 tsp. Worcestershire sauce  
English muffins.

### Utensils

Grater  
Measuring spoons  
Measuring cup  
Paper towel  
Spoon  
2 quart microwave-safe  
casserole dish  
Wisk

Grate the cheese. Place the butter in the casserole dish and cover with a paper towel. Melt the butter in the microwave oven on high for 45 seconds to 1 minute or until the butter is melted. Whisk the flour, salt, ground red pepper, and dry mustard into the melted butter until it is smooth and blended. Cook in the microwave on high for 30 seconds and stir, then cook for an additional 30 seconds. Gradually stir the beer, milk, and Worcestershire sauce into the mixture until smooth. Cook in the microwave on high for 5 minutes, stirring twice. Add the cheese and stir until the cheese is melted. Toast the English muffins and pour the cheese sauce over them. Serve hot with a garnish of parsley, gherkins, tomatoes, pickled onions, or stuffed olives.

For a good variation, place cooked bacon or ham and a poached egg on the muffin before pouring the cheese sauce on top. Grilled asparagus is also nice with this dish.