

RAREBIT ON GUINNESS SODA BREAD

GUINNESS GOES PERFECTLY WITH THE CHEESY FLAVOURS IN RAREBIT. ENJOY THIS CLASSIC RECIPE THAT HAS AN EXTRA DIMENSION. TO BE EATEN WITH A PINT OF THE BLACK STUFF.



INGREDIENTS

PART 1: SODA BREAD

- 200G PLAIN FLOUR
- 250G WHOLEWHEAT FLOUR
- 150G JUMBO OATS
- 15G BAKING SODA
- PINCH OF SALT
- 250ML BUTTER MILK
- 1 TBSP PLAIN HONEY
- 1 TBSP BLACK TREACLE
- 220ML GUINNESS
- PLAIN FLOUR FOR DUSTING

PART 2: RAREBIT

- 1 ½ TBSP PLAIN FLOUR
- 1 ½ TBSP BUTTER
- LUG OF WORCESTERSHIRE SAUCE
- 1 TSP OF ENGLISH MUSTARD POWDER
- PINCH OF CAYENNE PEPPER
- 300G MATURE CHEDDAR

METHOD

Soda bread:

Set your oven to 220°C (non-fan). Line a baking tray or bread tin with baking paper. Mix all dry ingredients in a large bowl. Add the honey and black treacle in (tip: dip your spoons in hot water for ease of spreading). Pour in all the buttermilk and half a can of Guinness. Mix it all evenly with your hand in the bowl. Once it comes together, set it aside and dust your surface with flour. Scrape the dough from the bowl onto the counter. Add some more flour on top – or wherever it's sticking to the surface – and shape the bread into a fat sausage-shape that will fit in the tin or tray. Dust the tin or tray with a bit of flour and place the bread in it. Place it in the oven for about 45 minutes. Next, take it out of the tin and put the bread back in the oven for around 8 minutes more on the rack. Finally, remove from the oven, let it cool for 10 minutes.

Cheese topping:

Try to do it at least 1 hour before serving. Place a wide-based pot – ideally non-stick – on medium to high heat. Add butter and whisk it slightly. Add the flour in. Whisk it all for around 3 to 4 minutes to ensure the golden colour. Add the mustard powder and pinch of cayenne pepper. Whisk that all through. Add a generous lug of Worcestershire sauce and keep on mixing. Turn the heat down a bit and add 220ml of Guinness. Add half the cheese, turn up the heat and keep on mixing. Add the remainder of the cheese. Once the cheese is all melted through and it looks smooth, take it off the heat. Pour it into a container to cool for 10 minutes, then place it in the fridge to set.

Assemble:

Take 2 slices of bread. Warm up the bottom of cheese container a bit to take the cheese out. Use a hot knife to cut the cheese topping slices and add it on top of the bread. Spread the mix so that it covers the entire area of the bread. Pop it onto the grill for a couple of minutes (watch out: cheese might melt onto the tray!). Add a few drops of Worcestershire sauce to serve. Tip: place the baking tray with melted cheese back in the oven for a couple more minutes to achieve a crunchy garnish for your cheese melts.