

St. John's Welsh Rarebit

Serves 4 | 5 minutes prep + 20 minutes cook time

The historical record offers many intriguing tales about the possible origins of what is, at its core, cheese on toast. Welsh Rarebit's decidedly murky history notwithstanding, we can say one thing with certainty: it is very delicious. This version tweaks a recipe found in *The Complete Nose to Tail*, acclaimed chef Fergus Henderson's ode to rustic British cookery, and includes freshly ground mustard seed, hot sauce, and liquid shio koji (the koji is especially unorthodox, but adds crucial depth and umami).

**A healthy knob of butter
(2-3 tablespoons)**

1 tablespoon flour

**1 teaspoon freshly ground
Gaston Mustard Seed**

1 teaspoon Crystal Hot Sauce

1 teaspoon Liquid Shio Koji

**1 tablespoon Col. Pabst
Worcestershire Sauce**

6oz of good local stout beer

1lb aged cheddar cheese, grated

4 thick slices of bread

Chopped Parsley

Step 1 Melt the butter in a saucepan over medium heat, stir in the flour, and cook until lightly browned and "biscuity" smelling.

Step 2 Add the mustard powder, hot sauce, worcestershire sauce, liquid shio koji and beer, stirring to combine.

Step 3 Gently melt in the grated cheese.

Step 4 When the sauce is a uniform consistency, transfer to a shallow container and place in the refrigerator to set.

Step 5 Lightly toast the bread and allow to cool.

Step 6 Once the cheese mixture has set, spread it over one side of each slice of bread at a depth of about 1cm.

Step 7 Place bread on a sheet pan and cook under a high broiler until brown and bubbling.

Step 8 To serve, transfer the bread to a plate, garnish with chopped parsley and a sprinkle of flake salt, and serve with a fork and knife.