

Welsh Rarebit Soufflés



Serves 2 Prep 15 mins

Cooking 10 mins

Easy

Ingredients

2 large slices of white bread
225g mature cheddar, grated
4 eggs, separated
1 tsp dry English mustard or 1 tsp French mustard
1 or 2 tsp Worcestershire sauce (to taste)
salt and pepper
salad or spinach to serve

1. Preheat the oven to 230C/ Fan 210C/ Gas 8. Preheat the grill and toast the bread on both sides. Put the cheese in a bowl and beat in the three egg yolks. (the 4th one is not needed for this recipe) as well as the mustard, the Worcestershire sauce. Season to taste. Whip all the egg whites until they stand in stiff peaks. Stir a spoonful or so into the cheese mixture, then gently fold the rest into the bowl.
2. Put the toasts in an ovenproof dish and pour over the mixture, then bake for 10 minutes until brown and risen. Serve at once with a salad or some lightly cooked spinach.