



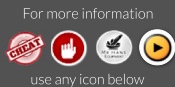
# MR HANS

## FRESH FAMILY FOOD

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## PDF of Recipe



## Dutch Uitsmijter style Welsh Rarebit

(v) Option Available

Prep Time: 10 Mins

Cooking Time: 8 to 12 Mins

Serves 2 to 4

### INGREDIENTS:

- Crusty Sourdough Bread (Un sliced)
- 250g of Grated Cheddar Cheese (Mature)
- 3 x Eggs** (2 Separated)
- 3 Slices of Processed Cheese
- ½ x Medium Onion (Grated)
- 2 Tsp of Dijon Mustard (or English)
- Fresh or Dried Red Chilli (Flakes)
- 1 Tbsp of Fresh Sage (Chopped)
- 1 Tbsp of Fresh Parsley (Chopped)
- Worcestershire Sauce (A Good Splash)

### EQUIPMENT:

- Chopping or Bread Board
- Oven Proof Tray
- Mixing Bowl
- 3 x Small Bowls (for separating the eggs)
- 4 cm Pastry Cutter or [Small Sharp Knife](#)
- Small Whisk
- Toaster and [Oven](#) or [Grill](#)

### EXTRAS:

- 2 Slices of Thin Cooked Ham (Optional)
- Fresh Salad Leaves (Optional)
- Freshly Ground Black Pepper

### CHEAT INGREDIENTS:

- Pre-Grated Cheddar Cheese
- Hot Chilli Sauce

### WHY THESE CHEATS ?

"Not really a cheat as it is so widely used and available; using pre-grated cheese will save you a few seconds. I sometimes use Sriracha Sauce instead of the Chillies. Around 1 teaspoon is enough for me." - MR HANS

### METHOD:

Being half Dutch, I was brought up having an 'Uitsmijter' (Meat / Ham Sandwich with Fried Egg) for my tea many times. I have taken this childhood favourite and combined it with another classic, Welsh Rarebit, to create a great Veggie snack. Following the method below means that you will always have a runny Egg Yolk when you cut into the final dish. Using slices of Pre-formed Processed Cheese (or slices of Cooked Ham) will ensure the Egg Yolk remains whole and unbroken when you add the Rarebit topping prior to it going under the grill.

### HOW TO PREPARE

- Cut 2 thick slices of the Sourdough Bread (3 cm thick) then toast
- Separate 2 of the Eggs, placing each Egg Yolk into a separate Small Bowl and both Egg Whites into the 3rd Small Bowl
- Crack the 3rd Egg into the Mixing Bowl, then add all the other ingredients into that bowl
- Beat the mixture together until fully combined. (If necessary loosen the mixture with a little of the unused Egg White)
- Using a sharp knife or small pastry cutter, create a small cavity (4cm diameter) in the centre of each slice of toast (1cm deep)
- Cut a piece of Pre-sliced Processed Cheese (into the same size as the cavity) and place it into each cavity, pressing it down
- Carefully place 1 Egg Yolk into each cavity on the toast ([SEE IMAGE HERE](#)) and season with Freshly Ground Black Pepper
- Place a whole slice of Processed Cheese on top of each Egg Yolk (Meat eaters can use a slice of Cooked Ham; trim to the size of the toast)
- Liberally spread some of the Cheese Mixture over each slice of toast making sure to cover to the edges of the toast
- Place the 2 cheesy toasts onto an Oven proof tray
- Grill on a high heat (but not too close to the grill element) for around 8 minutes until the cheese is bubbling and starting to brown
- Remove from the grill and serve

TEMPERATURES  
Conventional Grill - High

Serve with a Fresh Side Salad and a Glass of Chilled White Wine