St David's day

1st March 2019

Welsh rarebit

Serves 4

Ingredients

Everyday Favourites unsalted butter: 50g

Everyday Favourites plain white flour: 55g

Cravendale whole milk: 250ml

Everyday Favourites English mustard: 1 and a half tablespoons

Lea & Perrins Worcestshire sauce (glass): half tablespoon

London Pride ale: 5ml

Everyday Favourites part baked small white baguette: 4 slices

Did You Know?

According to legend, on the eve of the battle against the Saxons St David advised the Britons to wear leeks in their caps so they could easily distinguish friend from foe.

Method

1. Melt the butter in a thick bottomed pan and add flour to make a roux.
2. Slowly blend in the milk and cook out add seasoning.
3. Add mustard, grated cheese, ale and Worcestershire sauce to the mixture.
4. Toast bread on 1 side and spread the mixture thickly on the other side.
5. Place under a hot grill and brown, serve immediately.

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Lamb hotpot

Serves 4

Ingredients

Everyday Favourites Unsalted Butter - half reserved for buttering the top (01586): 300g
Carrots: 80g
Onion: 80g
Celery: 50g
Farmstead Lamb Leg Diced (20553): 300g
Saxa Corse Sea Salt (05595): 50g
Schwartz Cracked Black Pepper (51499)
McDougalls Plain Flour (31450): 50g
Water: 100ml – 200ml
Large potatoes- potato slices at least 2mm thick

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Method

1. Heat a little butter in a sauté pan and add the small diced onion and carrot and sweat them off for two minutes
2. Now add the small diced celery and cook for a further two minutes
3. Remove the sweated vegetables form the pan and place into a container
4. Heat the pan again and add a little more butter – now add the diced lamb
5. Cook the lamb so that it colours on all sides and then season with salt and black pepper
6. Now add the sweated vegetables back to the pan with the lamb and cook for a further two minutes
7. Add the flour and cook for two more minutes
8. Now add the water gradually so that it forms a sauce around the lamb
9. Allow the sauce to cook out for a further five minutes and season if needed
10. Place equal amounts of the lamb hotpot into ramekin dishes and top with the potato slices
11. Brush the potato slices with melted butter and place onto an oven tray
12. Cook in the oven 170˚C for 20 minutes until the potato had turned golden and crisp
13. Allow the lamb hotpot five minutes to rest before serving

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