

Welsh Rarebit

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

*3 pounds grated sharp
cheddar cheese
1 bottle beer
1/2 teaspoon dry mustard
dash tabasco sauce
2 tablespoons
Worcestershire sauce
4 tablespoons cornstarch*

In a saucepan, melt the cheese over low heat, stirring constantly.

Add 3/4 of the beer, the mustard, Worcestershire and Tabasco sauce. Cook until it is thick

In a bowl, combine the remainder of the beer with the cornstarch.

When the cheese mixture starts to boil, add the cornstarch mixture.

Serve in a casserole with points of topast on the side.

Per Serving (excluding unknown items): 295 Calories; trace Fat (1.0% calories from fat); 2g Protein; 48g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 315mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.