



RECIPE OF THE MONTH



Welsh Rarebit Muffins

These deliciously golden muffins are imbued with the rich and aromatic flavours of strong Welsh cheese and make a wonderful breakfast or lunch time snack.

Ingredients:

- 225g self raising flour
- 50g plain flour
- 1tsp baking powder
- 100g of strong Welsh cheese, half grated, half cubed
- $\frac{1}{2}$ tsp bicarbonate of soda
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ level tsp mustard powder
- 6 tbsp vegetable oil
- 150g Greek yoghurt
- 125ml milk
- 1 egg
- 1 tbsp Worcestershire sauce

Method

- Pre-heat the oven to 200°C gas 6
- Mix the self raising flour, plain flour, bicarbonate of soda, baking powder, salt and mustard powder together in a bowl
- In a second bowl mix together the cheese, vegetable oil, milk, yoghurt, egg and Worcestershire sauce
- Gently add the wet mix to the dry mix and combine
- Divide the mix evenly between the 12 muffin cases in the muffin tray
- Place the muffin tray in the oven and bake for 20-25 minutes until golden
- Remove from the oven and allow to cool slightly on a rack