



## Gail Simmons's Welsh Rarebit with Guinness and a Fried Egg

READY IN



20 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 4 ounces sharp cheddar cheese extra-sharp grated
- ☐ 4 servings pickled cucumbers / gherkins for serving
- ☐ 4 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup porter
- ☐ 1.5 teaspoons ground mustard
- ☐ 4 slices pumpernickel bread lightly toasted

- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons butter unsalted divided
- ☐ 1 tablespoon worcestershire sauce

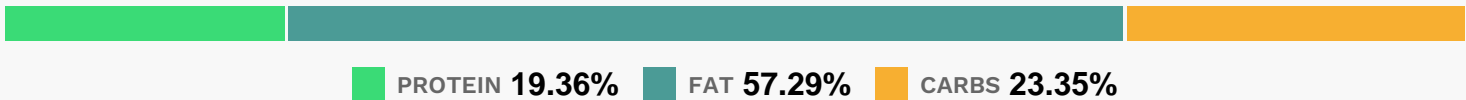
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ broiler
- ☐ spatula

## Directions

- ☐ Add one tablespoon of the butter to a small saucepan set over medium heat. When melted, add the flour, and stir continuously with a rubber spatula to prevent lumps. Cook until the roux is golden brown, stirring often, 3 to 4 minutes.
- ☐ Add the mustard powder and cayenne, and stir well.
- ☐ Add the Guinness and Worcestershire sauce, and stir until combined. Reduce the heat to low, and add the grated cheese, and stir until smooth.
- ☐ Remove from heat.
- ☐ Adjust oven rack to middle position, and preheat the broiler.
- ☐ Place the slices of toasted bread on a sheet tray, and top with the sauce.
- ☐ Place underneath the broiler and cook until the sauce is bubbly, about four minutes.
- ☐ Meanwhile, add the other tablespoon of butter to a non-stick skillet set over medium heat. When the butter melts and starts to foam, reduce the heat to medium-low, and crack the eggs in. Cook until the whites are firm, but yolks are still runny.
- ☐ Divide the broiled slices of bread between four plates. Top each with a fried egg. Season with salt and pepper, and serve with cornichons.

## Nutrition Facts



# Properties

Glycemic Index:47.5, Glycemic Load:8.58, Inflammation Score:-6, Nutrition Score:13.548260745795%

## Nutrients (% of daily need)

Calories: 341.89kcal (17.09%), Fat: 21.38g (32.89%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 17.34g (6.31%), Sugar: 0.96g (1.06%), Cholesterol: 229.4mg (76.47%), Sodium: 709.19mg (30.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Selenium: 33.51µg (47.87%), Phosphorus: 298.77mg (29.88%), Vitamin B2: 0.47mg (27.74%), Calcium: 259mg (25.9%), Manganese: 0.47mg (23.45%), Folate: 64.55µg (16.14%), Vitamin A: 786.5IU (15.73%), Zinc: 2.24mg (14.91%), Vitamin B12: 0.76µg (12.62%), Iron: 2.24mg (12.43%), Vitamin B1: 0.16mg (10.49%), Vitamin B5: 1.04mg (10.35%), Fiber: 2.27g (9.07%), Magnesium: 35.05mg (8.76%), Vitamin D: 1.28µg (8.5%), Copper: 0.16mg (7.79%), Vitamin B6: 0.15mg (7.6%), Vitamin E: 1.12mg (7.43%), Vitamin B3: 1.23mg (6.15%), Potassium: 203.4mg (5.81%), Vitamin K: 2.24µg (2.13%)