

Welsh rarebit bagel with smoked salmon

This dish reminds me of my time spent in London and the Sunday mornings spent walking along Brick Lane Market with a hangover. There was only ever one cure and that was via a strong coffee and the famous bagel shop at the end of the road.

Ingredients - to serve 4

- 30g butter
- 250g good Cheddar cheese - grated
- 1 tsp English mustard
- 3 tbsp hoppy beer
- 1 tsp Tabasco sauce
- 3 tsp Worcestershire sauce
- 4 good quality bagels
- 200g smoked salmon
- 100g herb salad
- dressing

Method

- The success of this dish is lies in cooking over a very low heat until the cheese has melted.
- Melt the butter in a heavy-bottomed pan and stir in the rest of the ingredients over a low heat until combined and smooth.
- Allow to cool.
- Split/slice bagels in half and lightly toast under a grill.
- Divide the salmon onto each of the eight half bagels. Divide the rarebit mixture into eight balls of equal size, roll into a thin sausage, bend into a ring, join the end and flatten slightly to a large, fat washer shaped ring.
- Place each ring onto each of the eight half bagels and grill until golden.
- Serve with a lightly dressed soft herb salad.

To drink?

It's got to be coffee but no rubbish! Go to Blackfriars and ask Hannah or Anisa to make you a double espresso illy Latte (otherwise known as an 'Andy Coffee'. The best coffee in the world!