

# Welsh Beef Cawl topped with a Caerphilly Rarebit

## Ingredients

### For the Caerphilly rarebit...

- 100g Caerphilly cheese, grated
- ½ tsp welsh mustard
- 1 clove garlic
- 2-4 tbsp Newcastle Brown ale or Welsh ale
- Knob of butter
- 1 tsp plain flour, if required
- 2 tsp Worcestershire sauce
- 3 slices of ciabatta bread

### For the Welsh beef cawl...

- 800g beef shin
- 3 litre water
- 2 onions
- 2 bay leaves
- 750ml beef stock
- 6 sprigs fresh thyme
- 1 tbsp sunflower oil
- 1 tsp black peppercorns
- 1 leek, cut into chunks
- 20g butter
- 200g bacon, coarsely chopped
- 2 potatoes, peeled and cut into cubes
- 2 carrots, peeled and cut into cubes
- 1 turnip, peeled and cut into cubes



# Method

1. Add oil to large saucepan over high heat, then add the beef shin. Brown the beef then add water, beef stock, chopped onion, bay leaves, thyme and peppercorns. Bring to the boil, skimming occasionally for about 2 hours.
2. After 2 hours, melt the butter and fry the bacon until crisp, then add the leek and fry until golden. Add the bacon and leeks to the cawl.
3. Fry the potatoes, parsnip, carrots and turnip, stirring occasionally, for 5 minutes. Add to the cawl.
4. Cook for a further hour until the vegetables are soft and the beef is tender. Season with salt and pepper.
5. Melt a little butter in a heavy-based saucepan, add the cheese, ale and mustard and cook over low heat until the cheese has melted. Add 1 tsp flour to help the mixture come together if required.
6. While the cheese is melting, use another pan to toast the bread until it is golden in colour. Rub one side of the toasted ciabatta with garlic. Pour the melted cheese on top of the bread then pop on top of the cawl. Sprinkle with a little splash of Worcestershire sauce, then use a blow torch or grill to brown the cheese slightly.