Welsh Rarebit

6 slices brown bread

250g (approx.) mature cheese

1. onion

2 tsp Worcester sauce

1 tsp dried mustard (optional)

Toast the slices of bread on 1 side only

Peel, grate/finely chop onion

Grate cheese

Mix cheese, mustard, Worcester sauce & onion

Spread the mixture on the untoasted side of bread

Put under the grill until golden

Serve with brown sauce!