



This was a fun take on a Burger! We heavily modified the recipe to be both Gluten & Lactose free.

Ingredients for the Burger:-

500g of Beef Mince, seasoned with Salt & Pepper
Garlic Powder

Ingredients for the Rarebit Sauce:-

1 ½ Tbsp of Dijon or English Mustard
1 ½ Tbsp of Worcestershire Sauce
¼ Tsp of Hot Sauce

Ingredients for the Welsh Rarebit:-

25 ml of Gluten free Pale Ale
2 Tsp of Worcestershire Sauce
2 Tsp of Dijon or English Mustard
200ml of Lactose free Milk
2 Tsp of Cornflour
2 Tbsp of Ground Cashew Nuts
½ Tsp of Hot Sauce
20g of Nutritional Yeast

100g of Lactose free Cheese

To serve:-

2 Gluten free Burger Buns
4 Rashers of Smoked Streaky Bacon
1/8 of an Iceberg Lettuce, shredded
3 Gherkins, sliced
1 Small Red Onion, thinly sliced

Method:-

- (1) Combine the ingredients for the Rarebit Sauce in a bowl and chill.
- (2) Over a medium heat add the Pale Ale, Worcestershire Sauce, Mustard, Hot Sauce.
- (3) Combine the Cornflour, Milk Ground Cashew Nut and add to the pan.
- (4) Bring to a gentle simmer while whisking.
- (5) Add the Nutritional Feast and continue to whisk until the sauce thickens.
- (6) Set aside to cool.
- (7) Stir the grated Cheese into the cooled sauce and return to the fridge until you need it.
- (8) For the Burger season the mince with Salt, Pepper and Garlic Powder and form into two large patties.
- (9) In a frying pan with a little Oil fry the Burgers on both sides until cooked through.
- (10) Move the Burger to an oven tray and cover with the Welsh Rarebit.
- (11) Grill until the Cheese is bubbling.
- (12) Toast the inside of the buns.
- (13) Spread the Rarebit Sauce on to inside of the buns.
- (14) Grill the Bacon.
- (15) Assemble the Burgers with the Lettuce and Gherkins at the bottom, the Burger and Bacon next, topped with the Red Onion and a little more Lettuce.

This was one of the most tasty burgers we've had. I'm pretty sure you'll not find this in a fast food joint!