

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

<u>Ingredients for the Burger:-</u>

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

<u>Ingredients for the Rarebit Sauce:-</u>

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

<u>Ingredients for the Welsh Rarebit:-</u>

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 Bans
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 try 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!