



Smoked haddock rarebit and sour dough -with Guinness Foreign Extra

INGREDIENTS

1 loaf of good soda bread or make your own with ...
700g plain brown flour
½ heaped tablespoon bicarbonate soda
1½ teaspoons salt
55g butter
1 free range egg
About 450ml milk

For the rarebit crust

4-5 6oz haddock steaks
300g grated white cheddar
1 tablespoon English mustard
45ml milk
45ml Guinness
2 whole eggs
25g breadcrumbs
2 egg yolks
25g butter
50ml water/fish stock

METHOD

Sour dough

Pre heat the oven 190°C/gas mark 5.
Put the flour in a bowl, sift over the bicarbonate of soda and salt and mix them in.
Rub in the butter. Add the beaten egg, keeping back a little to brush the top of the loaf for a shiny finish. Mix in the milk adding enough to make a slack dough.
Turn on to a floured board and knead lightly until smooth. Quickly shape the dough into a round flattish loaf, handling it lightly. Put it on a baking sheet and cut almost through it into quarters. Brush the top with egg to glaze. Leave to rest for 5 mins before putting in the oven.

Bake for 10 mins then lower the heat to 180°C/gas mark 4. Continue baking for another 40-50 mins, covering the loaf with foil if it starts to brown too much. Remove from tin and cool on a wire rack.

Rarebit crust

Place the milk and Guinness in a pan, add the cheese and melt over a low heat. Add the flour and breadcrumbs, stir well. Remove from the heat, add the mustard, season to taste and leave to cool. When cold roll out nice and thin between two pieces of clingfilm or greaseproof paper. Cut to required shape, to place on top of the fish, and grill until golden in colour. (Freeze the rest of the crust until needed.)

You will already have cooked the fish, in a pre-heated oven, at 180°C. You placed it on a tray, brushed it lightly with butter, seasoned it, poured a little water in the tray to help steam the fish and cooked it for 4-6 mins depending on the thickness of the haddock.

Now cut out the crust to fit nicely on top of the haddock and grill it until golden in colour. Arrange it on top of a slice of warm soda bread