Delicious Welsh Rarebit (not "Rabbit!")

You’ll note that there is no rabbit in the ingredients list below. This classic recipe from the ancient west land of the true Celts who once lived in what we know of as England calls for no rabbit in it whatsoever (it looks like some Americans perhaps mistook the word rarebit for rabbit a long time ago)!

Ingredients:

1 teaspoon butter

1 pound grated Leicester cheese (sharp, natural Cheddar will do nicely if you can't find any)

¾ cup beer, preferably a nice British ale of some kind (divided)

Cayenne pepper or hot pepper sauce, to taste

1 teaspoon dry mustard

½ teaspoon Worcestershire sauce

1 egg, slightly beaten

1 teaspoon cornstarch (or "cornflour," as the Brits call it)

4 broiled tomato halves, or 4 toast slices

Preparation:

Melt butter in top of double boiler (have water in bottom part of double boiler at a lively simmer). Add grated cheese and all but 1 tablespoon of beer. Cook over hot, not boiling, water until cheese melts. Combine hot pepper, dry mustard and Worcestershire sauce with remaining tablespoon of beer; stir into melted cheese. Combine beaten egg with cornstarch and stir into cheese mixture to thicken slightly. Let cook to thicken. Serve immediately over toast or broiled tomato halves.

Notes:

I haven't been brave enough to try this recipe with any low-fat ingredients (I'm not sure how it would turn out, but I bet you could use egg substitutes, like Egg Beaters, for the beaten egg).