

Welsh Rarebit

Servings: 6

Difficulty: Intermediate

Ingredients:

410 g chicken or roasted vegetable stock
16.4 g sodium citrate
335 g cheese, grated
 185 g gruyere
 50 g blue
 100 g havarti
1 loaf of peasant or sourdough bread
24 tomatoes*, 1/8 inch sliced off of stem & bottom, 4 per serving
Olive oil
Fresh thyme leaves
1 sweet onion, thinly sliced and separated
6 slices sugared bacon, chopped
Micro greens or fresh chives, chopped
Balsamic to drizzle

*I highly recommend sourcing Campari tomatoes which you should be able to find at any "Whole Foods"-type market. They are larger than cherries, smaller than vine-ripened.

Keys to Success: Recipe Notes

There are three keys to the success of this recipe. The first is to use a full-flavored natural chicken or roasted vegetable stock that has not been seasoned with salt. If using a store bought stock, we suggest reducing by a third to amp up the flavor profile. The second is the quality and blend of the cheeses. A majority of cheeses, when melted, separate leaving an oily cap. The sodium citrate is used as an emulsifier to blend the proteins of the cheese with the liquid for the sauce creating a silky, luxurious mouthfeel. It is derived from citric acid (from citrus fruits). The third is weight in grams. Precision is necessary to determine the sodium citrate ratio and the appropriate blending of cheeses (air impacts measuring by volume with grated cheeses).

Method for the Sauce

Heat stock to a medium simmer and add sodium citrate until fully dissolved (1 minute) . While simmering, add the cheeses to stock liquid. Whisk occasionally until melted (approx. 5 minutes) . When melted, use an immersion blender** to fully emulsify the stock/cheese mixture (3 - 4 minutes). The texture will become smooth and silky and will appear lighter in color when fully emulsified. The taste of the sauce should be completely blended, with a smooth texture. Put back on heat for about a minute to make silky, if need be. Maintain on low heat and stir occasionally. If thinning is needed, use water or milk.

**A regular blender will work. Just be careful with the hot liquid! Blend on medium speed (approx. 1 - 1.5 minutes).

The logo for Jackson House Inn is displayed in white text on a solid green rectangular background. The text is arranged in three lines: "Jackson" on the top line, "House" on the middle line, and "Inn" on the bottom line. The font is a clean, sans-serif typeface.

Method for the Tomatoes

Preheat oven to lowest setting possible. Line a sheet pan with aluminum foil and top with a cooling rack. Slice tomato stems & bottoms and arrange flat on rack. Lightly salt each tomato and let rest for 10-15 minutes. Lightly drizzle olive oil over each tomato segment. Sprinkle with fresh thyme leaves. Roast tomatoes for approx. 2- 3 hours, checking and rotating the sheet pan every 30 minutes. The size of tomatoes will dictate the length of roasting. You want a light char on the edges.

Serving

Choose a peasant or sourdough bread. Slice and toast both sides. Cut into desired-size cubes. Place 3/4 cup of toasted bread cubes in a shallow soup-like bowl. Ladle approx. 1/3 cup of cheese sauce evenly over cubes. Top with chopped bacon and onion slices. Add tomatoes. Ladle an additional 1/4 cup of cheese sauce. Garnish with fresh chopped chives or microgreens. Drizzle with balsamic. Serve immediately.