



Welsh Rarebit Muffins



This is a modern twist on a traditional Welsh dish!

(You can personalise this recipe by changing the ingredients listed in red.)

Ingredients:

(makes 12 muffins)

275g plain flour
1tsp baking powder
1/4 tsp salt
1/2 tsp mustard powder
100g strong cheese, grated
225ml milk
1 egg, beaten
1 tbsp Worcestershire sauce

Equipment:

Weighing scales
Measuring jug
Mixing bowls
Cheese grater
Fork
Teaspoon and tablespoon
Muffin cases
Muffin tin
Cooling rack

Method:

1. Preheat the oven to 200°C/180°C fan/Gas mark 6.
2. In a bowl, mix the cheese, milk, egg and Worcestershire sauce together.
3. Add in the flour, baking powder, salt and mustard powder, and mix well.
4. Place the muffin cases in the muffin tray. Spoon the mixture into the muffin cases equally.
5. Bake for 20 – 25 minutes until golden.
6. Carefully remove them from the tray and put them on the cooling tray.

You could substitute the
mustard powder with:

Chives (1 tsp)
Paprika
Cumin



You could substitute the
Worcestershire sauce with:

Sweet chilli sauce (1/2 tbsp)
Pesto
BBQ sauce



Name: _____ Date: _____



Carefully and slowly taste the muffin made from the original Welsh Rarebit Muffin Recipe Sheet.

What does it taste like? (circle your answers)

Sweet Salty
Bitter Sour
Hot Spicy
Tangy Sharp

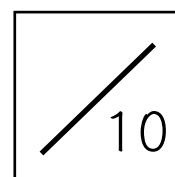
Anything else? _____

What is the texture like? (circle your answers)

Gritty Rough
Soft Brittle
Smooth Stodgy
Hard Light

Anything else? _____

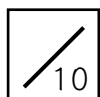
What score would you give it out of 10?



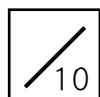
Taste the following herbs, spices and sauces. Give them a mark out of 10 according to how suitable you think they would be as an ingredient to replace either the mustard or the Worcestershire sauce in the original recipe.



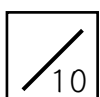
Chives



Paprika



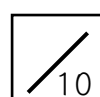
Cumin



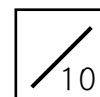
Pesto



BBQ
sauce



Sweet
chilli sauce



Cooking Time!

In your groups, follow the Welsh Rarebit Muffin Recipe Sheet, but remember to substitute in your given ingredient for either the mustard or the Worcestershire sauce.



Carefully and slowly taste the muffins made by each group. Think about the taste and texture of each one.

Which added ingredient did you think made the tastiest muffins? (circle your choice)

Chives Paprika Cumin Pesto BBQ sauce Sweet chilli sauce

Explain your choice: _____

Name: _____ Date: _____



Carefully and slowly taste the muffin made from the original Welsh Rarebit Muffin Recipe Sheet.

What does it taste like?

What is the texture like?

Do you like it?
Explain your reasons.

Taste the following herbs, spices and sauces. Give them a mark out of 10 according to how suitable you think they would be as an ingredient to replace either the mustard or the Worcestershire sauce in the original recipe.



Chives



Paprika



Cumin



Pesto

BBQ
sauceSweet
chilli sauce

Cooking Time!

In your groups, follow the Welsh Rarebit Muffin Recipe Sheet, but remember to substitute in your given ingredient for either the mustard or the Worcestershire sauce.



Carefully and slowly taste the muffins made by each group. Think about the taste and texture of each one.

Order the added ingredients to show which you think are the most to least suitable for the muffin recipe:

Most suitable

Least suitable

Name: _____ Date: _____



Carefully and slowly taste the muffin made from the original Welsh Rarebit Muffin Recipe Sheet.

Describe the taste and texture of the muffin, as well as your personal opinion of it.

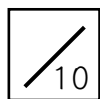
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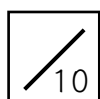
Chives



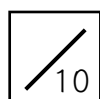
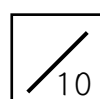
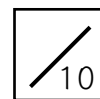
Paprika



Cumin



Pesto

BBQ
sauceSweet
chilli sauce

Cooking Time!

In your groups, follow the Welsh Rarebit Muffin Recipe Sheet, but remember to substitute in your given ingredient for either the mustard or the Worcestershire sauce.



Carefully and slowly taste the muffins made by each group. Think about the taste and texture of each one.

Which ingredient do you think added the most flavour to the muffin, and why?

Which ingredient do you think added the least flavour to the muffin, and why?

Which combination of herb/spice and sauce do you think would work best? Why?



A Year of Sheep Farming



Poor quality soil and a hilly terrain mean that the Welsh landscape is not suitable for crop-growing, so livestock farming is much more common instead. Rearing sheep for meat is a very demanding job, with different tasks and challenges throughout the year.

Month	Tasks
September	The farmer checks the condition of his sheep. Ewes (female sheep) that are too thin or too fat are less likely to have lambs, so their condition is important. There is a scoring system of 1 to 5: 1 being thin, 5 being fat. A score of 2.5 – 3.5 is ideal.
October	The ewes and rams (male sheep) are put out in the field to breed.
November	The ewes and rams are separated. The ewes are scanned to see if they are pregnant. Sheep usually have two lambs each, although single births and triplets are common. A sheep's pregnancy lasts for approximately 145 days (around 5 months). The ewes are split into separate areas of the fields according to how many lambs they are carrying, so that the farmer can feed them the right diet (a ewe carrying only one lamb will not need as much food as a ewe carrying triplets).
February	Farmers monitor the health of their pregnant ewes. Those too thin or too fat are more likely to have difficulty giving birth. The farmers adjust their diet accordingly.
March/ April	This is the peak lambing time, when most ewes give birth, and is an extremely busy period for the farmer. Someone needs to be in the lambing area day and night. Sometimes, the farmer needs to assist with a birth if the sheep looks to be in trouble.
April	The ewes and their lambs are let out into the fields. The lambs initially suckle (drink their mother's milk) before moving on to a mixed diet of milk and grass. The farmer monitors the health and diet of the ewes closely as they need to produce a lot of milk at this time.
May	This is the beginning of the shearing season, where a sheep's fleece (their woolly covering) is cut off to prevent them from getting too hot, as well as avoiding diseases that can develop if the fleece becomes dirty. This is also the time when lambs are weaned (taken from their mothers) as they now get enough nutrients from eating grass alone. The condition of the ewes is checked again - a healthy score after weaning is 2 – 2.5. Over the summer, the lambs grow, putting on more weight and getting bigger and fatter.
August	The lambs that are intended for meat are sent to slaughter (killed for food). They are usually between 5 and 8 months old, and weigh an average of 40kg. The meat is processed and distributed to supermarkets for consumers to purchase. The yearly cycle on the farm begins all over again.



First, read the Sheep Farming Information Sheet. Now, cut out these pictures and put them in order to show a sheep farmer's year. In the space below each one, use your own words to write a description of what is happening.



