



Welsh rarebit is toast with cheese sauce. Some say it was a joke or started with farmers using cheese instead of meat.



Cheese has been important in Wales for a long time. "Welsh rarebit" might be a joke about Welsh people being poor.



A cafe in Wales serves Welsh rarebit. People love it as it reminds them of home and family. Visitors from all over the world enjoy it.



Beca Lyne-Pirkis, a chef, learned Welsh rarebit from her grandparents. It's more than cheese on toast. She loves it for the flavours and memories.



Welsh rarebit is a loved dish in Wales. It's about family, tradition, and enjoying good food.