

Eat like an Austen

Dinners in Regency England were two courses of up to twenty-five dishes each and dessert. One of Austen's favorite dishes was White Soup, which Bingley mentions in *Pride & Prejudice*. The soup is made with a paste of almonds and bread, veal, and fowl. For something a little more palatable try traditional **Welsh Rarebit**. *Delicious cheese on toast.*

1 tsp dry mustard

3 Tbsp of stout beer

¼ stick of butter

1 tsp of Worcestershire sauce

¾ C of cheddar cheese

2 egg yolks

2 slices of bread

Mix mustard powder and beer in a saucepan. Add butter and Worcestershire sauce and heat on low until butter is melted. Add cheese and stir to melt. Let mixture cool but not solidify and beat the yolks in until smooth. Toast bread on both sides. Spread cheese mixture on to bread and broil until golden and bubbly.

Don't forget to change your outfit before dinner.