

#RAISEATOASTIE #RAREDISEASESDAY



PLEASE JOIN US AND
'RAISE A TOASTIE'
FOR RARE DISEASE DAY
ON SUNDAY, FEBRUARY 28, 2021

We want to share the details of an exciting event we have planned for Rare Disease Day on Sunday, February 28th, hoping you might want to get involved!



Rare Diseases Ireland wants you to Raise A Toastie to Raise Awareness for those living with a rare disease in Ireland. Join Rare Diseases Ireland and help make the voices of people living with rare diseases heard.

GETTING INVOLVED COULDN'T BE SIMPLER

we are asking you to create a delicious toasted-sandwich in the comfort of your own home, with your family, or host a virtual event with friends and have a catch-up over a toastie on Rare Disease Day on Sunday, February 28th.

Be as inventive as possible, or keep it classic, and we'd love if you share your melted marvels across social media with the hashtags

#RAISEATOASTIE #RAREDISEASESDAY

We've included some recipes from some of Ireland's top chefs and top toastie creators as inspiration.



Rare Diseases
Ireland

If you can please donate to Rare Diseases Ireland, so we can continue the work we do and amplify the voices of people living with rare diseases in Ireland. [HTTPS://RDI.IE/DONATE/](https://rdi.ie/donate/)

If you need any more info, please don't hesitate to contact us at advocacy@rdi.ie and follow us on: twitter [@RareDiseasesIE](https://twitter.com/RareDiseasesIE), instagram on [rare_diseases_ie](https://www.instagram.com/rare_diseases_ie) and facebook [rarediseasesireland](https://www.facebook.com/rarediseasesireland)



• PAUL FLYNN'S FAVOURITE GRILLED CHEESE TOASTIE

Award-winning chef, TV broadcaster, columnist, and owner of the Tannery restaurant Paul Flynn has shared his recipe for his favourite cheese toastie.

Serves 2

Four slices of good wheaten bread (for a depth of flavour)

A good spreading of soft butter

Two generous smears of English mustard

250g mature cheddar cheese, grated

A few slices of tinned peach

A few drops of smoked chipotle sauce (optional)



This is all about the method. I assemble the sandwich in a non-stick frying pan; there's less mess. A grilled cheese sandwich is all about gooey generosity so don't stint on the cheese. A little tip, grate your cheese as the pre-grated has a light wax coating that stops it from getting gooey. Some- times I even add some easi-singles for extra gooeyness. You will have to do these in two batches. Have everything ready before you start and remember we are buttering the outside, not the inside of the bread.

Butter the bread generously then put a non-stick pan over a low heat buttered side down. Put the buttered side of the bread in the pan then smear the mustard on top followed by some of the cheese, the peaches, more cheese then a few drops of smoked chipotle sauce.

Put the other slice of bread on the top buttered side out. Cook for three or so minutes until golden and crunchy, turn over and cook on the other side for two more minutes.

Cut and serve immediately then repeat for the other sandwich. To pimp it up and make it extra special, put some crushed avocado on top and drape a slice of parma ham over the top. Then you have yourself a fancy brunch.

Melt Down Dublin's

• HEY PRESTO

Cheese toastie experts Melt Down Dublin share their infamous Hey Presto recipe which they serve up from their cafe on Leeson st and Montague Lane in Dublin.



Serves 2

4 slices of sourdough bread white or brown whichever you prefer.

1 large grilled chicken breast sliced thinly or sliced cooked chicken

3 tsp green pesto

6 slices red onion

6 slices tomato

70g mature white cheddar, grated

Mayo (garlic if you can)

In a bowl, coat the cooked chicken with green pesto. Oil the outside of your bread before you place it on the pan. Place mayo on both sides of the bread, keep your pan or your grill at the correct temp, medium to start, then a little higher to get the inside of your toastie nice and oozy with cheese.

Place mayo/oil side down first, place the chicken pesto on top, smear the mature cheddar over the bread, followed by red onion and tomato. Finish with the second slice of bread, and turn up the heat. Cook until golden brown then flip, the centre should be hot, and the cheese should be just about leaking out the sides.

And for a veggie option

• SMOKED FUNGI

Serves 2

4 slices of sourdough bread white or brown whichever you prefer.

500g mushrooms, about six large mushrooms thinly sliced and sauteed on the pan with a little salt and pepper.

50g smoked cheese

Melt Down Hot Stuff

Mayo

50g mozzarella



Temple Garner and son Benedict's

• NUTELLA, CHOCOLATE CHIP, MARSHMALLOW AND BANANA TOASTIE

Award-winning chef of San Lorenzos and Bresson Temple Garner and his son Benedict, who lives with a rare disease, love cooking and eating this together.



Serves 4-6

Sliced brioche loaf or other white fluffy bread.

A packet of size large marshmallows.

Chocolate drops or your favourite chocolate bar, Galaxy is great.

A jar of Nutella.

A couple of bananas.

A knob of butter.

This is an American style pan-fried toastie which suits the recipes better than our regular toasted sandwich makers which will squash the inside too much. Generously spread the Nutella on the insides of both sides of the bread. Put some chocolate pieces on that on top of the Nutella. Slice one banana per toastie and layer on the chocolate. Place six marshmallows on top of the banana and chocolate and close sandwich. Assembly done, now butter both outsides of your sandwich and put in a non-stick frying pan on low and gently fry approx 2 - 3 mins on each side till coloured. Leave to cool a couple of minutes before eating.

A must serve with vanilla ice-cream or whipped cream at the very least!



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