

Bubble and squeak, asparagus and poached egg

Brunch, lunch or supper, you can decide! We like to add a nice dollop of béarnaise sauce too.

Serves 6:

Equipment 15cm deep pan, slotted spoon, bowl and ice, cutters, chopping board, timer

For the Bubble and squeak

200g plain cooked potato

½ lemon - zest and juice

½ shallot - chopped

5g dill - chopped

80g raw salmon - chopped

80g cooked crab meat

Salt and pepper to taste

To coat

Plain flour – approximately 100g

2 or 3 Eggs – whisked

Panko breadcrumbs – approximately 100g

1. Peel and chop the potatoes and cook in salted boiling water, bring to a boil and then turn down to a simmer and cook for 15 minutes
2. Once the potato is cooked pass into a colander and allow to dry out for 5 minutes in the colander over a bowl
3. Mash with a masher or ricer and then place into a bowl
4. Add the rest of the ingredients, lightly mix and form in to desired shapes
5. Coat with flour, then egg and finally panko breadcrumbs - shape and they are ready to pan or deep fry on 180c for 4 to 6 minutes depending on size

For the Asparagus

2 bunches of asparagus - depending on bunch sizes

10g Salt

500ml water

1. Place the water and salt into a pan and bring to the boil
2. While you are waiting for the water to the boil, peel the asparagus
3. When the water is boiling place the asparagus into the pan and cook for 2 minutes and serve. Test the asparagus are ready by pinching the tip to ensure it is soft or putting a knife in the root, it should go in easily

For the poached eggs

6 fresh free range eggs

600ml water

200ml white wine vinegar

Pinch of salt

1. Bring all the ingredients except the eggs to a boil in a deep small pan
2. Once boiling put a timer on for 2 minutes 30 seconds and have a bowl of ice water ready (if using)
3. Now crack the eggs gently one by one into the pan and when the last one goes in, start the timer
4. The water will stop boiling due to adding the cold eggs, when it comes back to the boil turn it to a steady simmer otherwise the eggs will break up and the pan will boil over
5. When the timer goes off, remove from heat and get the eggs out, drain on kitchen paper and serve. Alternatively, you can place in the bowl of ice water, then remove them and store them on a cloth on a tray for up to a day in the fridge
6. To reheat, add to a pan of boiling water for 1 minute.