

# Bubble and Squeak

England

## Ingredients

### Essential

- Cooked potato, crushed
- Cooked cabbage, chopped (could replace with cooked sprouts)
- Salt & Pepper
- Lard or dripping
- Any herbs or spices you like

### Optional

- Chopped onion
- Other cooked veg: leeks, carrots, courgettes,
- Ham, bacon or other cooked meat
- Cheese (strong cheddar is good)
- Any suitable leftovers



## Preparation

1. Get all ingredients ready
2. Get all equipment ready.

## Cooking

3. Mash cooked potatoes in a bowl
4. Mix in chopped cooked cabbage
5. (Optional) Fry onion, bacon or cooked meat in a skillet with lard or dripping\*
6. Add to potato cabbage mix in bowl
7. (optional) mash in any other cooked vegetables you are using
8. Add salt and pepper and herbs/spices to taste
9. Spoon everything into a skillet and fry with lard or dripping (butter will do), lifting and turning until mixture is cooked through.
10. Cook until piping hot and crisp on outside

\* Bacon fat is good. Lard/dripping is preferable to oil

## Serving

11. Serve on platters, very hot
12. (Optional) Grated cheddar or other cheese on top
13. (Optional) Fried egg on top if you like

## Contributor

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## Background Notes

An English dish made from cooked potatoes and cabbage, with or without additions, mixed together and fried. Known since the 18th century, it originally contained cooked beef but for reasons of economy this has largely disappeared. It can be cooked in a skillet or in the oven. The name of the dish is supposed to describe the noise it makes while cooking.

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