

Spring Bubble and Squeak

(Serves 4)

This is not a leftover dish but a lovely combo of new potatoes, spring greens and broad beans. It makes a great cooked breakfast or light lunch if accompanied by a poached egg and some of The Larder's streaky bacon. This wonderful, rich bacon is only available from The Larder and comes from the farm's own small group of happy free-range, organic Essex Saddleback pigs.

1. Fill two saucepans with water and bring to the boil.
2. Blanch the broad beans for 2 minutes. Drain, rinse under running cold water until cool enough to handle. Squeeze gently to pop the bright green inner bean out of its skin.
3. Cook the potatoes for 4 minutes. Drain and rinse under cold water.
4. Cut the potatoes into small cubes, chop the greens, the broad beans and the spring onions and place in a mixing bowl. Add the beaten egg, herbs, salt and pepper. Check the seasoning.
5. Lightly oil the inside of 4 round metal cake cutters and place on a chopping board.
6. Pack the chopped vegetables into each cutter and pack down. Heat the oil in a non-stick frying pan and use a fish slice or palette knife to transfer to moulds into the hot pan. Fry on a medium heat for 4-5 minutes on each side until golden.
7. Ease out of the moulds and served with a green salad or topped with a poached egg and small pieces of crispy bacon.

INGREDIENTS

125-150g peeled small new potatoes

200g spring greens

6 spring onions

150g podded broad beans

1 large free-range egg
lightly beaten

1 tablespoon chopped chives

1 tablespoon flat-leaf parsley

Maldon sea salt

Freshly ground black pepper

2-3 tablespoons sunflower oil
for frying plus a little to
oil the metal cake cutters

OPTIONAL:

Poached egg

Crispy Burwash Bacon