

Welsh Breakfast



Ingredients:

Smoked thick sliced bacon

Large pot of cockles

Black pudding

Fresh Free range eggs

Salt and pepper to taste

**ALL INGREDIENTS AVAILABLE FROM TUCKER'S FRESH FISH DELI ON DUKE ST
SWANSEA**

Prepare two frying pans (one for the bacon and one for the eggs)

Warm up oil in a frying pan and place the bacon in to griddle cook

Mix the cockles with grated bread and a whisked egg in a bowl to make a 'fishcake paste'
ready to cook

Cook the black pudding with the bacon in the pan, ensuring the meat doesn't get too hot –
so it doesn't burn. Keep the pan at a nice even temperature

Crack the eggs into the 2nd frying pan to cook – placing oil over the egg to help it cook

When the egg, bacon and black pudding is cooked place on plate

Pop the cockles (now mixed with bread and egg) in the already hot pan and press flat to
give it the 'fish cake' look

Cook for approx 3 mins pressing and turning over if necessary

When the fish cake is cooked, place on the plate along with the other meats

Serve