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Richard's Boxing Day Brunch - Baked Bubble & Squeak with Perfect Poached Eggs

Turn your left-over vegetables into a delicious mid-morning meal, topped off with beautiful poached egg. The best way to start your Boxing Day festivities.



Remember to post photos of your Boxing Day Brunch on social media using the hashtag **#LondonsChristmasMission**

Ingredients

- Eggs - best size is medium and they must be fresh
- Left over vegetables and potatoes
- Water
- White vinegar such as apple or wine vinegar
- Avocado
- Optional extras – black pudding or scallops



Part 1 – Making Perfect Poached Eggs

Method

Step 1

Bring a deep narrow saucepan of water and a good splash of white vinegar about an inch from the top to a very gentle simmer until bubbles are forming on the base and rising just one at a time

Step 2

Fill a bowl or small jug with cold water and ice cubes

Step 3

Crack an egg into a small saucer or dish.

Step 4

Use a slotted spoon to vigorously stir the water several times then pour the egg into the middle and set the timer to three minutes.

Step 4

When the timer goes off gently remove the egg with the slotted spoon and place straight into the iced water to stop further cooking. Repeat this process until your desired number of eggs are cooked

Richard's Top Tip:

if you have time to cook half a dozen you can store the eggs in the iced water in a sealed container in the fridge for a few days. When you want to grab a quick poached egg simply fill a mug or bowl with boiled water, add a precooked egg and warm for about 2 minutes to achieve a beautiful oozing yolk or 3 minutes for a well-cooked yolk!





Part 2 – Oven Baked Bubble & Squeak

Method

Step 1

Chop up left over vegetables and place into a large bowl then mash about half of them and mix well together.

Step 2

Oil a burger press or some chef rings then spoon in the veg mix and press down well. Alternatively form into tight patties.

Step 3

Remove from the chef rings or burger press and place on a baking sheet in a roasting tray and spray the lightly with a little oil as the roast veg will have residual oil on them.

Step 4

Put the tray in the middle of oven and cook for about 30 minutes at 180°C. Check and rotate the tray if necessary and continue to cook for a further 5-10 minutes until evenly browned all over.





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Part 3 – A Little Something Extra

Sliced avocado, grilled black pudding or maybe sear some scallops?

While your eggs are warming in boiled water for 2-3 minutes, remove the bubble & squeak from the oven on a plate up, lay sliced avocado on top then take the black pudding from the grill and place it on top of the avocado. Carefully remove the eggs from the water with a slotted spoon and crown your beautiful brunch. Season to your preference and enjoy!



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