



# Hostingley Farm Free Range *recipes*

## Bubble and Squeak

### Ingredients

Left over cooked vegetables for example:

Potatoes.

Carrots.

Brussel Sprouts.

Parsnips.

Leeks.

1 beaten egg (optional).

Approximately 1tablespoon goose fat or mild olive oil.

Salt and Pepper.

### Method

Put the vegetables in a large bowl and chop up finely (or process roughly in a processor)

Season to taste.

Add egg and mix well.

Heat the oil in a large frying pan then add the vegetable mixture – leave whole like an omelette or shape into individual cakes.

Fry gently on both sides until golden brown, crispy on the outside and hot in the middle.

Serve with slices of hot or cold turkey or goose, stuffing, pickles or chutney.

