

FULL ENGLISH BREAKFAST

SERVES: 1 – 2 | PREP TIME: 10 MINUTS | COOKING TIME: 15 MINUTS

INGREDIENTS

FULL ENGLISH:

5 slices of bacon
2 eggs
70g of black pudding
1 can baked beans
3 sausages of your choice
50g of mushrooms
1 slice toast
Salt
Freshly ground pepper
Herb butter spice

HASH Browns:

2 medium size potatoes
1 small red onion
2 heaped tablespoons cornstarch
2 eggs
Pinch of salt
Freshly ground pepper
½ teaspoon pepper powder
½ teaspoon garlic powder

METHODS

1. If you add hash browns to the breakfast, start by grating the potatoes and onions, afterwards mix them inside a bowl with all the other ingredients.
2. Heat up a pan and add some oil. Fry the sausages, the bacon, and the black pudding one after the other or at the same time until they reach the consistency and the color of your personal preference. Add the hash brown mixture in a separate pan with oil on medium heat, since they need more time to cook than the rest of the breakfast. Flip after they have turned brown and crispy.
3. Cut the mushrooms into slices and season them with salt , pepper and herb butter spice.
4. Take the meat out of the pan and keep it warm (e.g., in the oven). Now, add the tomatoes and the mushrooms to the pan and roast them in some oil on medium heat until brown. Then flip and fry again.
5. Take the vegetables out of the pan. Afterwards, add some butter to the pan and fry the toast on both sides. Crack the eggs and put them into the pan as well.
6. Meanwhile, start heating up a pot and add the can of beans to it. Be careful and keep an eye on them to prevent them from boiling, since they should only be slightly warm in the end.
7. Assemble everything on a plate and ENJOY!



HISTORY

The story of the English breakfast began in the 14th /15th century with a noble society called the gentry. These rich people considered themselves the heirs of Anglo-Saxon culture and felt obligated to carry on the traditions of their ancestors. The most significant one was an enormous pre-hunt breakfast with the purpose of showing off the wealth of the landlords. This contained ingredients such as baked halibut steaks, broiled kidneys, potted pigeons, pig cheeks and other components, mainly meat, we would consider as unusual nowadays. During the industrial revolution it was very common as it portrayed luxury. Afterwards followed the Edwardian era, where more known parts were added, those being bacon, eggs, sausages, baked beans and many more, which caused the breakfast to gain popularity among the common folk as it became easier to prepare and more affordable. It went from being a meal for the rich to a family meal at the middle class. Later on it also made its way into the working class until it reached all of Britain. Finally the famous Full English Breakfast was born.

TIPPS

Using more than just one pan, will make the cooking process far easier, because you can fry everything at once. This will spare you from keeping the different parts of the dish warm at the end. Therefore you can enjoy the breakfast as fresh as possible!