

# Bubble and Squeak

Despite what it is and how it's made good, old fashioned Bubble and Squeak can often be found on the menus of some pretty flashy restaurants. They may jazz it up a little and call it by a different name, but it is still bubble and squeak.

This is an ideal dish to have for tea on a Monday as it uses up all the left over vegetables from Sunday dinner and you can serve it with any leftover cold meat from Sunday as well.

All you need is a large frying pan.

Take the left over veg after Sunday dinner and put it in a bowl. Cover it with cling film and keep it in the fridge.

When you are ready take it out. It doesn't matter what veg you have, it all goes well with B&S, so the left over roast potatoes, boiled potatoes, swede, carrots, peas, parsnips, cabbage, brussel sprouts can all go in.

Start by chopping the veg up in the bowl and when it's in small pieces use a potato masher to mash it all together.

Put some olive oil in to the pan and heat it up gently until the pan is hot, adding salt and black pepper.

Put the mixture in the pan on a medium heat for about 15mins. After it has gone in use a potato masher or the back of a wooden spoon and press the mixture down so it forms a flat topped cake in the pan.

After about 15 minutes you are about half way through and you will need to turn the mixture. Now, you may need a little help from you adult assistant here, but this is an easy way to do it.

Take the pan off the heat and put either a plate or a wooden board over the top of the pan so it covers it completely. With one hand pressing the board or plate on to the pan, turn the pan right over and put the plate or board on the work surface, then , lift the pan, which should be upside down and on the top, off and you should have a cake which is nicely browned on the top.

Put the pan back on the heat, add some more oil and a little more salt and pepper and then slide the mixture off the plate and back into the pan, so the uncooked bottom now gets to cook. Leave it on the medium heat for about ten minutes then slide it out of the pan on to a board, cut in to wedges and serve.

If you didn't have any cold meat left over you can chop up an onion and some rashers of bacon, doesn't matter what sort. Fry these off in a pan with some oil and a little seasoning (salt and pepper) for a few minutes. Add then to the B&S mixture and cook as before.

The only thing you may need after you have served it is some brown sauce or tomato sauce.