

Breakfast bap



Who doesn't like a breakfast bap? This recipe has all the components cooked in the same pan, to minimise on washing up and maximise on flavour.

Ingredients (serves 4)

4 baps

8 rashers of smoked back bacon

4 pork sausages

4 eggs

50g salted butter

rapeseed oil

salt and cracked black pepper

Method

Preheat your oven to 170C full fan. You will need a large frying pan and a shallow roasting tray.

Heat the large frying pan over a high heat with a splash of rapeseed oil. Place the sausages in the pan to brown, tossing the pan occasionally to ensure the sausages are coloured evenly.

Tip the sausages into the roasting tray and finish in the oven for around 12 minutes.

Return the pan to the heat and cook the bacon. You shouldn't need to use any extra oil as there will be some residual oil from cooking the sausages, and bacon has enough of its own fat to cook in.

Cook the bacon on both sides to your liking. Transfer to an oven proof dish and place at the bottom of the oven to keep warm.

Return the pan to the heat, this time turn down the hob to low and add the butter. Once the butter begins to foam crack in the eggs and cook to your liking. I find over easy the best for a bap, with a slightly runny yoke. Season your eggs with a little salt and cracked black pepper.

Notice we didn't wash the frying pan between stages, that way your eggs are going to be full of the flavour of the sausages and bacon.

Once the sausages are cooked, remove from the oven and slice each one in half horizontally.

Split the baps in half and layer each one with two rashers of bacon, sausage and finally top with the egg.

Serve with your favourite sauce, which for me must be brown sauce.