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## Good food guide bubble and squeak



As mashed potato defrosts, it can go watery and a little grainy, so the texture isn't quite as good. However, it will still taste delicious. To do this, mix together the mash, cabbage, salt and pepper, transfer to a small baking dish, then brush with the melted butter and oil (or you could sprinkle with cheddar cheese instead) and bake in the oven at 200C/400F for 15-20 minutes until hot throughout and browned on top. For more information please see our Terms & Conditions. It can be fried as small burger-sized patties, as one big pan in a larger patty if you like it to look neat and even. Brush with a little melted butter and oil and place under a hot grill until golden brown. Yes, you can make into 6-8 individual patties. The base ingredients of mashed potato and cabbage are the same, but the Irish dish of Colcannon often uses kale or white cabbage instead of savoy cabbage. Then defrost overnight in the refrigerator. Kale is a fine substitute instead of savoy cabbage. Or if you prefer, you can fry it all up and keep moving it around the pan, mixing often. Rate this Recipe Print Recipe Pin Recipe Preheat the grill (broiler). If it's baked, sometimes cheese is sprinkled on top too. Or you can serve it with something other than eggs and bacon (cheese-topped beans, or even just a good glug of leftover gravy!). Some of the links in this post are affiliate links - which means if you buy the product I get a small commission (at no extra cost to you). This is my ULTIMATE Monday night speedy dinner. The water will evaporate upon reheating, but you don't get quite the same texture. Nutritional Information is per serving (there are four servings in this recipe), excluding serving suggestion of bacon, eggs and brown sauce. Or how about: Baked beans - served smoky with the addition of a little chipotle or smoked paprika. Dust them with flour and sprinkle with a pinch of salt and pepper (this will give a nice crispy crust on the patties), then fry in the pan with a tablespoon of butter and a tablespoon of vegetable oil, turning once, until golden brown on both sides and hot throughout (about 5-6 minutes). If you do buy, then thank you! That's what helps us to keep Kitchen Sanctuary running. Top each with a poached egg or two and a sprinkling of fresh parsley. Serve the bubble and squeak with brown sauce if you like. Updated in February 2020 with new photos, video, tips and recipe improvements. After all, this is a dish made from leftovers, so reheating those ingredients more than once isn't a good idea. Some fried chorizo in there would be great too! With cold slices of leftover meat from your roast dinner, perhaps with a some pickles and cheese Drizzled with leftover gravy from your roast dinner More things to make with leftover mashed potato: Craving a roast dinner now so you can have all of those lovely leftovers? This results in a messier looking bubble and squeak, but with more browned bits, as they're mixed throughout. Drain off any liquid that may be present after defrosting, then sprinkle the patties with a light dusting of flour and a sprinkle of salt and pepper. It also wouldn't be fried. Sometimes colcannon also includes spring onions/scallions too, although I see this more in American versions of colcannon. Also, I wouldn't recommend making the bubble and squeak and saving the leftovers. This would be more like Scottish Rumbledethumps if baked in the oven, and whilst it would be browned on top, you wouldn't get the browned base. I want to inspire you to create fantastic food for your family every day. In the same pan, heat a little more oil. The whole point of this dish is to use up those leftovers in a comforting, hearty dinner. If you did want to freeze it, then make the bubble and squeak into individual patties (without cooking/frying them) cover and freeze. It's also one of the best ways to get the kids to eat their green veg, well one of mine anyway - the other one managed to pick most of it out, but a few bits definitely got past the green veg defences. Sometimes with the addition of more vegetables. Use a potato masher to press the mixture into the pan to create a big potato cake, then slide out or upturn the pan onto a serving plate. Be sure to brush with butter and a little oil before grilling to get a lovely browned crispy top Sprinkle with Maldon salt before serving. Rumbledethumps - a Scottish dish - also uses the same base of mashed potato (with cream, butter, salt and pepper) and cabbage with the addition of sauteed onions. Melt butter in a pan with a little oil and add in the bubble and squeak. You can add in more veg - such as carrots or peas if you like. Read More Slice the bubble and squeak into wedges and top with the fried eggs to serve. I find it's better not to freeze if you can help it. Here's my roast beef dinner post (plus free printable guide if you sign up to my mailing list). Go with the bacon and eggs like me, plus a good glug of brown sauce (or ketchup if you prefer). What can I serve it with? The video: Watch me show you exactly how to make this delicious Bubble and Squeak on YouTube: Don't forget to subscribe to our channel so you don't miss another recipe video By: Nicky Corbishley Quick and easy Bubble and Squeak: a delicious and traditional way to use up leftover mashed potato and cabbage from your roast dinner. You'll probably have to work in two batches to prevent overcrowding the pan. Top tips: Add more veg from your roast dinner - chopped sprouts, broccoli, carrots and peas make great additions. Season well with salt and pepper and add the herbs, if using. Break the potatoes and vegetables up and fry undisturbed for 2-3 minutes to allow a golden brown crust to form on the bottom of the veg, then turn them over and leave to brown on the other side - keep doing this for about 15 minutes. The mash would usually be freshly made hot mash, made with milk, cream, butter, salt and pepper. What is bubble and squeak? I love to cook and I want to share with you my favourite, delicious family friendly recipes. Most sources would define it as a breakfast dish made up of a mixture of leftover mashed potatoes and cabbage that've been fried up until browned. Top with crispy bacon, poached egg and parsley before serving. Calories: 311kcal Carbohydrates: 46g Protein: 6g Fat: 13g Saturated Fat: 9g Cholesterol: 15mg Sodium: 265mg Potassium: 697mg Fiber: 5g Sugar: 3g Vitamin A: 700IU Vitamin C: 59mg Calcium: 33mg Iron: 1mg Mention @KitchenSanctuary or tag #KitchenSanctuary on Instagram! This post was first published in February 2014. Break in the eggs and fry to your liking. Cover and keep warm, while you fry the eggs. Bubble and squeak takes me right back to my childhood. The name supposedly comes from the sound the bubble and squeak makes whilst cooking in the pan. I've listened hard, and I may have heard the slightest squeak occasionally! What do we need to make it? Go to Recipe Go to Video Print Recipe This is my quick and easy Bubble and Squeak - a delicious and traditional way to use up leftover mashed potato and cabbage from your roast dinner. Is it the same as colcannon? Steps for making it: (see full instructions and quantities in the recipe card below). Mix leftover mashed potato in a bowl with leftover cooked cabbage, salt and pepper. The nutritional information provided is approximate and can vary depending on several factors. 1 tsp oil, plus extra for frying 25g/1oz butter 1 small onion, thinly sliced 225-250g/8-9oz leftover vegetables, such as kale, spinach, chard, Brussels sprouts, cabbage, leeks 300g/10oz leftover cooked potatoes small handful chopped fresh herbs, such as thyme, rosemary or parsley (optional) 2 free-range eggs salt and freshly ground black pepper Heat the teaspoon of oil and the butter in a non-stick pan. Fry over a medium heat in a frying pan in melted butter and oil, turning once, until browned on both sides and hot throughout (about 5-6 minutes). Fry the onion until slightly softened, then add the vegetables and potatoes. Fry for 5-7 minutes, then ruffle the top of the bubble and squeak with a fork. Sometimes the mixture is transferred to a tin and baked until browned. You may find the patties won't stay together quite as well as if you were cooking them without freezing them, but they'll still taste great. Note 1: Make sure the pans are grill/oven proof. If you prefer, you could use 1 large (30cm diameter) pan with 1 tsp each of oil and butter). Then in a bowl, mix the cabbage with the mashed potato, salt and pepper. Add half a tablespoon of butter and half a tablespoon of oil to each of two medium (20cm diameter) frying pans \*Note 1 Heat the pans over a medium-high heat until the butter is melted and bubbling. Maldon salt and potatoes are a match made in heaven Can you make it into patties instead? Add half of the bubble and squeak mixture to each pan and squash down using a spatula to completely cover the base of the pan. Fry for 5-7 minutes until the edges start to brown then ruffle the top of the bubble and squeak using a fork (the more ruffled, the more crispy bits). Melt the remaining 1 tsp butter and mix with the remaining 1 tsp oil, then brush the top of the bubble and squeak with the mixture. Place under the grill and grill for 4-5 minutes until golden brown. Remove from the oven and sprinkle with the chopped bacon, salt and pepper.

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