



Breakfast Recipes

Westons Cider Syrup Pancakes with “Whatever Topping”



The Scrumpy House Restaurant at Westons Cider has been a regular at the Ledbury Big Breakfast – this year they are open for take-aways including breakfasts. Chris the Chef has provided this recipe for you to try at home.

INGREDIENTS – Serves 2

- 220g Self Raising Flour
- 50g Caster Sugar
- 2 Eggs - Free Range if possible
- 280ml semi skimmed milk
- 1 Tablespoon vegetable oil, pinch of salt,
- 175g Caster sugar
- 125ml Henry Westons Vintage cider

Plus whatever topping e.g. Bacon, Sausages etc – see below

HOW TO MAKE IT

For the syrup - put 175g of caster sugar with 125ml of Westons Vintage cider in a saucepan, bring to the boil and reduce by about 75%, gently boiling for about 4 minutes, stand aside to cool and while you make the pancakes

For the pancakes - Sift the flour, salt & sugar into a large bowl. Whisk the milk & eggs together in a separate bowl and then gradually add them to the dry ingredients whilst mixing together. Once combined add the oil and mix again until just combined. The batter should be fairly thick,

Grease your frying pan with a little oil. Once hot but not too hot, spoon in a small amount of the batter, cook for a minute or so, the pancakes are ready to flip once they appear dry. Using a pallet knife, flip the pancakes & cook the other side for around a minute or until golden brown.

Place two or three pancakes on a plate, top with crispy grilled bacon or a couple of good sausages and then pour over the warm syrup, you could replace the meat with whatever you want to, I have eaten this with Roast vegetables and grilled tomato.

Enjoy!

Hot Scotch Egg with homemade Mustard Sauce.



Neil from The Nest has sent us this breakfast recipe – he says, “If, like us, you are missing your cafe breakfasts, how about recreating one of The Nest's most popular treats, the Deconstructed Scotch Egg, with a quick and simple Mustard Sauce - a 'substantial' breakfast!”

INGREDIENTS – Serves a hungry 1 or a more modest 2

- 1 Scotch Egg - Pick your scotch egg from the Nest's menu including gluten free and vegetarian options (or source your scotch egg from one of our butchers!)
- 1 free range egg (The Nest uses eggs from Filly Brook Farm, Bishops Frome)
- 1 Cup of good quality Mayonnaise
- ¼ Cup of Wholegrain Mustard (The Nest uses mustard from Kits Kitchen)
- 2 tablespoons of caster sugar

HOW TO MAKE IT

1. Deconstruct your Scotch Egg - Slice across the scotch egg giving you 4 even size rounds lay on a baking tray
2. Place in a preheated oven 200C degrees (Fan assisted oven 180C) or gas mark 6 for 10 mins or until piping hot.
3. To make the warm mustard sauce, crack 1 egg into a small saucepan.
4. With the heat on low stir in mayonnaise, mustard and sugar.
5. When it just starts to boil it's done!!! Remove from heat immediately drizzle over your deconstructed Scotch egg and serve. Enjoy!

This simple sauce can be made with all kinds of variations. Try different mustards e.g. Dijon, or green peppercorn, or a squeeze of lemon juice, or maybe sweet chilli sauce

You can serve the sauce over freshly poached eggs and grilled mushrooms, and as a dipping sauce with slices of sausage...

View The Nest's range of scotch eggs at <https://handmadescotcheeggs.co.uk/shop-front/>.

There will be **more recipes** coming from The Nest including *Nest Rarebit* for you at <https://nestledbury.co.uk/product-category/nest-kitchen/>

On the next page we've selected recipes from www.shakeupyourwakeup.com – look there for lots more recipes - Improvise if you can't get hold of ingredients e.g. use another cooking oil if you don't have rapeseed oil.

Breakfast Bruschetta – with bacon, eggs and cherry tomatoes

INGREDIENTS - Serves: 4

- 750g cherry tomatoes
- 3 tbsp cold pressed rapeseed oil
- 1 tbsp balsamic vinegar
- 1 oval rustic loaf, cut into 4 slices lengthways
- 300g unsmoked bacon
- 4 medium eggs, poached
- 2 tbsp chopped parsley

HOW TO MAKE IT

1. Preheat the oven to 200C, gas mark 6.
2. Place the tomatoes on a large baking tray and toss in 1 tbsp oil and balsamic vinegar. Season and bake for 20 minutes until soft.
3. Meanwhile brush the bread with the remaining oil, place on a baking tray and add to the oven for the last 10-12 minutes of cooking.
4. Place the bacon under a pre-heated grill or fry for 7-8 minutes then cut into thick slices. Mix with the tomatoes and use to top the toasted bread.
5. Serve topped with a poached egg and sprinkle with the parsley.

Add chopped garlic to the bread for extra flavour at brunch. Any remaining bread can be made into breadcrumbs and frozen for use at a later date.

Boiled Eggs with Cheese Soldiers

INGREDIENTS - Serves 2

- 2 large eggs
- 25g hard cheese (e.g. Wensleydale or Cheshire), grated
- 1 tbsp low fat mayonnaise
- 1/2 punnet cress
- 2 slices wholemeal farmhouse bread, toasted

HOW TO MAKE IT

1. Place the eggs in a small saucepan and cover with cold water. Bring to the boil and simmer for 3 minutes for soft centres.
2. Meanwhile, mix the cheese, mayonnaise and cress (reserving a little cress to sprinkle over).
3. Spread the cheese mix over the toast and cut into soldiers.
4. Serve with the boiled eggs.

Try scooping out the egg and spreading it on top of the cheese for a quick sandwich.

Sausage Breakfast Wrap

INGREDIENTS - Serves 4

- 450g local butcher's sausages
- 200g thick cut back bacon cut into thin strips
- 4 large flour tortillas (*see below*)
- 150g cherry tomatoes

HOW TO MAKE IT

1. Preheat the grill
2. Place the sausages in a grill pan on a trivet and cook for 10-15 minutes, or until cooked, turning occasionally
3. Leave to cool slightly then cut into slices
4. Add bacon to a non-stick pan and cook for 4-5 minutes until lightly browned
5. Add the tomatoes and gently cook through for a further 1-2 minutes
6. Warm the wraps, following pack instructions
7. Fold the wraps into a cone shape and fill with bacon, tomatoes and sausages

If you want to make your own tortillas – there's a recipe at <https://www.bbcgoodfood.com/recipes/tortillas>

Yogurt, Roasted Oats and Fruit

INGREDIENTS – Serves 4

- 100g porridge oats
- 2 ripe English pears cored and diced
- 2 English apples cored and diced
- 500g low fat natural yogurt
- 2 tbsp honey (clear)

HOW TO MAKE IT

1. Preheat the oven to 200C, gas mark 6
2. Place the oats on a baking tray and roast for 5 minutes
3. Allow to cool slightly
4. Meanwhile mix the remaining ingredients in a large bowl and stir in the oats
5. Serve chilled and drizzled with honey in a cereal bowl or tall glass

Look for locally grown apples and pears at our greengrocery shops/stockists

Green Breakfast Smoothie

INGREDIENTS – Serves 1

- 1 ripe banana, sliced
- 2 tbsp rolled oats, toasted
- 3cm piece root ginger, grated
- 150ml apple juice
- 50ml water
- 4 tbsp low fat natural yogurt
- 25g kale

HOW TO MAKE IT

1. Place all ingredients in a liquidiser and pulse until smooth.
2. Pour into a tall glass and serve.

A simple recipe! If you don't have kale try another green vegetable

Smoked Fish and Egg Muffins

INGREDIENTS – Serves 4

- 4 wholemeal muffins
- 125g pack smoked trout (*or smoked mackerel*)
- 2 tbsp chopped chives (*or spring onions if chives not available*)
- 25g butter softened
- 4 medium eggs

HOW TO MAKE IT

1. Preheat the oven to 160C, gas mark 3
2. Using a teaspoon, scoop out the centre of each muffin to leave a case about 5mm thick
3. Reserve the centres for making breadcrumbs
4. Place on a baking sheet
5. Roughly flake the trout in a bowl and mix using a fork with the chives, butter and a little salt and pepper
6. Press the paste around the sides of the muffins so the edges of the bread are coated
7. Break an egg into the centre of each and season lightly
8. Bake for 20 to 25 minutes or until the eggs are lightly cooked