

Cockles, Laverbread and Welsh Bacon



Ingredients:

225 G/8Oz Ready-Prepared Laverbread
(Available In Cans from Online Shops)

50 G/2Oz Oatmeal

Freshly Ground White Pepper, to taste

225 G/8Oz Picked Cockle Meat, cooked

25 G/1Oz Butter

1 Leek, finely chopped

50 G/2Oz Bacon Fat

4x120g Gammon Steaks, fried until crisp,
to serve

Directions:

1. In a bowl, mix together the laverbread and oatmeal until well combined. Season, to taste, with freshly ground white pepper and set aside for 20 minutes.
2. Melt the butter in a frying pan until foaming, then add the leek and fry for 3-4 minutes, or until softened. Add the picked cockle meat and cook for a further 1-2 minutes, or until heated through.
3. With damp hands, pinch off pieces of the laverbread mixture and roll into golf ball-sized balls. Flatten the balls slightly to make small patties.
4. In a separate pan, heat the bacon fat over a medium heat. Fry until ready to serve.

Serves 4.

Prep Time: 30 mins **Cooking Time:** 10-30 mins



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