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by Liz Robb

Bubble and squeak patties



Ingredients

400g potatoes
75g brussel sprouts
150g cabbage
2 leeks
A knob of butter
Salt and freshly milled black pepper
Small bunch of spring onions
50g plain flour
Sunflower oil

Preparation

1. 1. Peel the potatoes, chop into chunks and cook in a large pan of boiling water for about 15 minutes or until they are cooked through. Drain them and leave in the drainer to dry out for a few minutes.
2. 2. Meanwhile, remove the outer leaves of the sprouts, cabbage and leeks. Slice the cabbage and chop the leeks into chunks. Steam the sprouts for 5 minutes, then add the cabbage and leeks and steam for another 5-10 minutes, until all of the vegetables are soft. Leave to drain. Blot the cabbage and leeks with kitchen towel and squeeze out any excess water.
3. 3. Add the butter to the potatoes in the saucepan, season with salt and pepper and mash really well together. Shred all of the vegetables and combine with the potatoes. Peel and finely chop the spring onions and mix them in too.
4. 4. Sieve the flour onto a plate and season well. Using circular metal food rings to help you, if you have them, form the mixture into patties, not too thick, and place them into the flour to coat them on both sides.
5. 5. Heat a tablespoon of oil in a shallow non-stick frying pan and, when the oil is hot, fry the patties on one side for just 2-3 minutes until the surface is golden brown. Add another tablespoon of oil to fry them on the other side for a few minutes, then carefully lift them out onto kitchen towel to drain.
6. 6. When you are ready to eat the patties, heat the oven to 190 degrees, 170 degrees fan oven. Lightly oil a baking tray, place the patties on it and bake for 20-25 minutes.
7. More ideas:
8. • Some recipes add a beaten egg to bind the mixture
9. just be careful when serving the patties to vulnerable groups of people.
10. • You can include a wide variety of vegetables, for example, carrots, parsnips, cauliflower or broccoli.

• Replace the spring onions with a finely chopped onion.

• Grate or crumble your favourite cheese into the bubble and squeak mixture.

• Spice up the patties with your favourite spices

ground cumin or chopped coriander leaves, for example.

Cooks Note

Traditionally made from the leftover vegetables from Sunday lunch, these yummy little patties are good enough to make from scratch. Eat them as a side dish, for breakfast, brunch or for a simple satisfying supper. They taste great served with poached, fried or scrambled eggs, baked beans or roasted tomatoes, any roast meats or sausages, or a good chutney with a crunchy salad.

There really is no set recipe, you can include any vegetables that you happen to have, combined with potatoes. Just make sure that the mixture isn't too wet or you'll have trouble making the patties hold together. And if you make too many, they freeze really well.