

Bubble N Squeak

Equipment needed –

Small knives, chopping boards, 2 large saucepans, colander, frying pan, bowl, potato masher, teaspoons and 3 serving platters.

Ingredients from the Garden –

- 800 grams of potatoes peeled and chopped
- 200 grams cabbage, washed and chopped
- 1 medium onion, finely chopped

Ingredients from the Pantry –

- 20 grams of butter
- 2 teaspoons of English mustard
- 2 teaspoons of olive oil

What to do –

1. Chop the potatoes into small chunks. Place the potatoes in a large saucepan and fill with cold water. Place the saucepan on the stovetop and turn onto a high heat, to bring to the boil. Boil for 12-15 minutes or until the potatoes are tender.
2. Meanwhile fill another saucepan with water and bring to the boil. Wash and shred the cabbage. Cook the cabbage in boiling water for 2 minutes or until just tender. Drain in a colander over the sink.
3. Peel and finely chop the onion.
4. When the potatoes are cooked, drain in a colander over the sink. Place in a large bowl and mash.
5. Measure out 20 grams of butter. Place in the frying pan over a medium heat to melt. Cook the onions for 5 minutes stirring constantly, until softened.
6. Measure out 2 teaspoons of mustard and add to the frying pan.
7. Add the cabbage to the potatoes. Then add the onions to the potatoes as well. Stir well to combine.
8. Heat the frying pan over a low heat. Spread the potato mixture out over the base of the pan, pressing down firmly. Cook for 12-15 minutes or until the base is crisp.
9. Preheat the grill to high. Place the pan under the grill for 2-3 minutes or until the top is golden brown.
10. Let it stand in the pan for a few minutes before turning it out on a plate.

Serves –

- 28 students.