

BACON AND SQUEAK

Serves 4

Takes about 40-45 mins

225g (8oz)	Rashers lean smoked back dry cured bacon
1kg (2.2lb)	Potatoes, peeled and cut into chunks
2	Parsnips, peeled and chopped
½	Swede, peeled and chopped
450g (1lb)	Green cabbage, chopped
1	Onion, peeled and finely chopped
30ml (2tbsp)	Tomato ketchup
5ml (1tsp)	Worcestershire sauce
25g (1oz)	Plain flour
15ml (1tbsp)	Oil



Place potatoes, parsnips and swede in a large pan, cover with water and cook covered for 10 minutes or until vegetables are almost soft. Add cabbage and cook for a further 10 minutes until the vegetables are tender.

In a large non-stick frying pan dry fry bacon rashers for 1-2 minutes, remove (keep warm) and add to pan the onion, cook until browned, stir in tomato ketchup and Worcestershire sauce.

Drain the potatoes, parsnips, swede and cabbage thoroughly. Mash with a potato masher and then transfer to a bowl. Add seasoning and flour, and mix thoroughly.

Press the mixture into a large frying pan. Cook over a medium heat for 5-10 minutes until golden in colour. Top with bacon rashers and grill for a further 5 minutes until golden brown.

Serve large spoonfuls of 'squeak' with bacon and your favourite relish or ketchup.

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