



Bubble & Squeak

Bubble and squeak is a **traditional English dish** made with the **pan-fried leftover vegetables** from a roast dinner. The main ingredients are potato and cabbage, but carrots, peas, Brussels sprouts, or any other leftover vegetable can be added. The chopped vegetables (and cold chopped meat from the leftovers of the **Sunday roast**) are fried in a pan together with **mashed potatoes** until the mixture is well-cooked and brown on the sides. The dish is so named because the cabbage makes **bubbling and squeaking sounds** during the cooking process. It is often served with pickles or brown sauce, or as an accompaniment to a **full English breakfast** (bacon, eggs, grilled tomatoes, fried mushrooms, black pudding, sausages, baked beans, hash browns, toasts). The meat was traditionally added to the bubble and squeak itself, although nowadays it is more commonly made without meat. The earliest known recipe was in Mrs Rundell's **A New System of Domestic Cookery** in **1806**. The name 'bubble and squeak' is used primarily in England, and it may also be understood in parts of some other Commonwealth countries and the United States. Bubble and squeak was a popular dish during the **Second World War**, as it was an easy way of using leftovers during a period when most foods were subject to rationing.



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