BASCO
GOURMET SPAIN TO YOUR DOOR

Spanish Fried Breakfast



PREP TIME
10 MINS

COOK TIME
20 MINS

TOTAL TIME
30 MINS

SERVES 4 PEOPLE

EASY

Ingredients

4 duck eggs
4 pieces of morcilla de Burgos, cut into one-inch thick slices
8 pieces of soft cooking chorizo
8 slices of smoked pancetta
2 whole plum tomatoes
1 clove of garlic peeled and thinly sliced
2 sprigs of thyme
1 whole red potato peeled and thinly sliced
4 chunky slices of sourdough bread or other country bread
Olive oil
Salt and pepper

Method

Pre-heat your grill to the highest setting and your oven to 200°C/400°F/Gas Mark 6.

Place the potato slices on a baking tray lined with non-stick paper, season with salt and a drizzle of olive oil and cook in the oven for 10 minutes or until golden brown and crispy. Place on a tray lined with some kitchen paper and keep warm in the oven.

To cook the chorizo sausages, add the sausages to a hot frying pan with a drop of oil and fry for 2 minutes on each side. Place in the oven and cook for about 6 minutes, turning occasionally, until golden. Keep warm in the oven.

For the tomatoes, cut the tomatoes across the centre/or in half lengthways and with a small, sharp knife remove the green 'eye'. Season with salt and pepper and drizzle with a little olive oil, one garlic slice and a piece of thyme. Place under the grill and cook without moving for about 6 minutes or until tender but still holding their shape.

For the black pudding, heat a medium sized frying pan, add the oil and fry the pieces of morcilla for 2 minutes on each side until crispy. Keep warm in the oven.

For 'proper' fried bread it's best to cook it in a separate pan. Ideally, use bread that is a couple of days old. Heat a frying pan to a medium heat and cover the base with oil. Add the bread and cook for 2-3 minutes each side until crispy and golden. If the pan becomes too dry, add a little more oil. For a richer flavour, add a knob of butter after you turn the slice.

Place the smoked pancetta slices on a grilling tray and cook straight under the grill for 2 minutes each side or until your preferred crispiness is reached. Like the sausages, the cooked pancetta can be kept hot on a plate in the oven.

For the fried duck eggs, break the eggs straight into a really hot frying pan with one finger of oil and fry for 60 seconds or until the egg white is golden crispy and fully cooked. Season and gently remove with a fish slice.

Once all the ingredients are cooked, serve on warm plates and enjoy straight away.

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