

# BUBBLE AND SQUEAK

The term “Bubble and Squeak” is mostly used in the southern part of Britain, northern England and Wales refer to this dish as “fry-up” and in Scotland it is known as “stovies”. History has it that this dish originated from leftovers of Sunday dinner, consisting of beef, cabbage and potatoes. The “bubble” comes from the first stage of cooking the cabbage and potatoes which are typically boiled, and the “squeak” comes from the noise of the leftovers as they are fried up. The traditional English dish is made with shallow-fried leftover vegetables; basic ingredients are potatoes and cabbage, but carrots, peas, brussels sprouts and also be added. Meat used to be added, but nowadays, the vegetarian version is more common. Bubble and Squeak is traditionally served with cold meat from Sunday’s roast and pickles as an evening meal, but also with eggs, baked beans, fried tomatoes, sausage, and bacon replacing hash browns for breakfast.

## **RECIPE:**

Approximately 1 lb. leftover boiled, mashed or roasted potatoes

Approximately ½ lb. leftover cabbage or brussels sprouts

A little butter, oil, or bacon fat

Salt and pepper to taste

1. Mix vegetable together, form into patties.
2. Place patties in frying pan with oil over medium heat.
3. Cook until golden brown, flip and continue cooking other side.
4. Serve warm.

Additional items that can be added: bacon bits and/or onion for more flavor.

Bubble and Squeak can also be used as a topping for Cottage/Shepherds Pie.

Bubble and Squeak is served proudly at the Box Bar in Plymouth (777 West Ann Arbor Trail 734-459-7390), but sadly, it is not served any longer at the “Bubble & Squeak Pub” in Commerce, Michigan.



Bubble & Squeak made into paddies



Bubble & Squeak fried like hash