

The British Breakfast



Method

The British breakfast is world famous and has been the backbone of these islands for decades. It provides the protein that will form the basis for an energetic start that can last for the rest of the day.

It is really simple to prepare, but beware of falling into the trap of over-cooking it. Remember that black pudding, which has now infiltrated the South from its stronghold in the North, is already cooked and therefore only needs a light grilling or frying.

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