

The recipe called this a ?Traditional? Swansea Breakfast which seems to be a bit contentious. Traditional or not to was packed with flavour.

Pickled Cockles are interesting price wise. 89p in one shop and £2.00 in another shop within sight? Clearly I bought the more expensive ones although they were exactly the same brand - If you believe this you probably need an appointment with somebody about your mental function. Best of luck getting any sort of NHS appointment however!!!!!

Ingredients:-

1 Large Onion, finely chopped
1 Tbsp of Oil to fry
4 Rashers of Bacon, chopped
100g of Cooked Cockles
120g of Laverbread
The Juice of a Lemon
Black Pepper to taste

Method:-

(1) Heat the Oil in a frying pan over a medium heat and cook the Onions until softened.
(2) Add the Bacon and cook until crisp.
(3) Add the Cockles and mix in the Laverbread.

(4) Season with freshly ground Black Pepper and the Lemon Juice.

We used this a the centrepiece for a Breakfast with Sausages, Fried Egg, Fried home made Cheese & Chive Bread and Hash Browns. But it beat us. All that was required was the Fried Bread. This is a recipe we?ll certainly be doing time after time!