

Victorian Bubble and Squeak

This dish was a favorite in the servants' hall and is a great way to make use of leftover cooked meat and vegetables. Traditionally beef or mutton was used. If there is no leftover meat or vegetables, cook a small amount the night before. Any green vegetables can be used. Cabbage, Brussels sprouts, and mustard greens were some of the more common ones.

Ingredients

leftover cooked meat of any kind

green vegetables of any kind

oil

Cooking Utensils

frying pan

spatula

fork

Serving Utensils

serving plate

serving spoon

Cut the meat and vegetables into small bits. The dish can be prepared up to this point in advance. Heat the oil in the frying pan on the stove over medium high heat. Add the mixture and fry to crispy brown, mash with a fork, and turn the cake over. Continue frying, mashing, and turning until the crispy bits are well worked into the cake. Finish by frying the cake evenly on both sides. Serve hot.