

Our friend John gave us some Chicory which was originally £1.29 for a pack of two. £1.29 is a budget buster for us. But free is superb!

Ingredients:-

2 Heads of Chicory, sliced lengthways
1 Shallot, finely sliced
2 Rashers of Bacon, cut into small bits
2 Gloves of Garlic, minced
Soy Sauce
1 tbsp of Brown Sugar
a Glug of Cider
Parsley, finely sliced
Margarine for frying
Italian style grated Cheese
Breadcrumbs (Gluten free for us)
Salt & Pepper

Method:-

(1) Fry the Shallots until softened with Salt & Pepper.
(2) Add the Garlic.
(3) Add Bacon and fry until it is slightly browned.
(4) Add the Soy Sauce.
(5) Add the Brown Sugar.
(6) Add the Chicory cut side down and fry gently until it is slightly caramelised and turn over.
(7) Add the Cider, cover and braise for 10 mins.

(8) Mix the Bread Crumbs, Grated Cheese and Parsley.
(9) Sprinckle the crumb mix over the top and place under the grill for 5 minutes.

These made a really tasty side, served with masked Potatoes, Peas and roast Chicken.