



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!