



Manx Kippers & Black pudding cakes, poached egg

make someone you love a special Breakfast in bed

Serves: 4

Prepare: 20 Minutes

Cook: 20 Minutes

Difficulty: easy

Ingredients

- 2 [manx kippers](#)
- 150g organic black pudding
- 200g mashed potato, cooled
- 1 leek, trimmed and finely chopped
- 20g organic butter
- 1 free-range organic egg, lightly beaten with 1 tbsp organic milk (for the egg wash)
- 1 tbsp chopped parsley
- 50g fresh breadcrumbs
- 4 large free-range organic eggs
- 1 jar of hollandaise sauce
- juice of ½ lemon
- 2 tbsp sunflower oil

Method

1. Place the Manx kippers onto a microwavable plate, add a tbs of water, cover with cling film, and cook for 1 minute. Leave the kippers to cool and then flake into a bowl and remove any bones
2. In a frying pan, add the butter, melting gently then add the leeks and cook until soft. Once soft, add the leeks to the bowl of flaked kippers and leave until completely cooled
3. Chop the black pudding into small pieces and add to the bowl along with the cold mashed potato and chopped parsley. Mix all the ingredients together and season with salt and fresh ground black pepper
4. Divide the mixture into four and then form into fishcakes. Coat the fishcakes in the flour and then dip into the beaten egg wash, and finally into the breadcrumbs
5. In a large frying pan, add the sunflower oil and heat over a low-medium heat, add the fishcakes and cook for 8-10 minutes, until they turn golden brown and are cooked through
6. To poach the eggs, crack the four eggs into individual cups or onto saucers, bring a pan of water, filled at least 5cm deep to a simmer, add a drop of vinegar to the pan. Stir the water to create a gentle whirlpool, slowly tip the eggs into the centre, the heat should be low, cook for 3-4 minutes until the white is set. Lift the egg out with a slotted spoon and drain on a piece of kitchen paper
7. Meanwhile heat the hollandaise sauce and add the lemon juice. To serve, place the fishcakes onto a plate, top with a poached egg, and a generous dollop of hollandaise sauce

