

The Chef's Table

English Egg Cake

The amounts called out in this recipe are only a guide line and may be changed as your quantity of servings or taste may vary. As represented here the following recipe will provide four good sized proportions.

½ Pound hash brown potatoes (vary amount at will & Home made is best)
2-3 chopped green onions (including tops)
3-5 sliced or chopped black olives
2-4 mushrooms sliced
3 small slices green pepper chopped (about 1-2 tablespoons) (May also use red and yellow bell peppers)
2 English Bangers (for these there are no substitutes)
1 Cup + Cheddar cheese, freshly grated (difficult to get too much)
1 Bottle very dark beer (Guinness Stout is recommended)
3 eggs, room temperature
½ teaspoon **Eggselence**
1 teaspoon **Egg Juice** - recipe follows
1 tablespoon vegetable oil or bacon grease
Melted unsalted butter

Place bangers in a small sauce pan, cover with the beer and heat to boiling. Reduce the heat and simmer, turning occasionally for twenty to thirty minutes. In the meantime heat a large cast iron skillet, add about one tablespoon of melted butter and spread the hash browns evenly within it. Salt and pepper the potatoes lightly and cook until just golden brown on one side and turn them over. When the bangers are done remove them from the sauce pan and cool just enough to handle. Cut them in half lengthwise and then into single bite sized chunks. While doing this, heat a medium sized skillet over medium to medium high heat and then add about one tablespoon oil or bacon grease and put in the banger bites. Brown the bangers to a nice golden brown and remove from the skillet and set aside.

In the skillet used to brown the bangers reduce the heat to about medium low and add about one tablespoon of the melted butter along with all the vegetables. Lightly salt and pepper them and sauté just until the vegetables are warmed through, but not yet limp. Add this mixture, along with the bangers to the hash browns and thoroughly mix together. Reduce the heat on the hash brown skillet. Add 1 teaspoon of Egg Juice and ½ teaspoon Eggselence to the eggs and beat thoroughly, until the eggs are frothy. Slowly pour the egg mixture over the entire hash brown mixture. Cover the skillet with tin foil or a cover and cook for about one to two minutes.....just until the eggs begin to set. Remove the cover and coat the top with the grated cheese and place the skillet under a pre-heated broiler until the cheese is thoroughly melted and the eggs are set. Remove from the broiler and allow the egg dish to rest about three to five minutes before serving.

I realize the English Egg Cake recipe appears to be rather involved, but any good dish is a true labor of love. If you look at this particular recipe you will note that it is a multiple layered dish with many flavors going on at one time. To get the most out of your English Egg Cake you must take the time; care and love it deserves to reap these rewards. Now, if you are camping, and it is obvious you do not have a broiler then simply add the cheese earlier and cover until everything is cooked. If you want to take your English Egg Cake to the southwest then add salsa to each individual serving. Do not use cold salsa! Room temperature is best because it allows the flavors to come through. Cold salsa numbs the taste buds and detracts from this wonderfully hot dish. The addition of sour cream on top with the salsa adds yet another dimension to this dish!

Egg Juice

2 tablespoons Soy sauce
2 tablespoons Worcestershire sauce

1 tablespoon Tabasco sauce

Mix thoroughly and store in tightly covered container. It will keep for an indefinite amount of time.