

LAVER CAKES

Serves 2



Ingredients

2 Rashers **Smoked Bacon** - chopped
30g *Fine oatmeal*
Rapeseed Oil
Eggs
120g tin **Laverbread**
Halen Mon Sea Salt & pepper

Fry the **Smoked Bacon** until golden and cooked through.

Combine the **Laverbread** with the oats and stir in the chopped **Smoked Bacon**. Shape mixture into two cakes and role in oats. Fry the cakes in **Rapeseed Oil** until crisp.

For a real taste of Wales serve with a poached egg, **Smoked Haddock** and **Cockles**. Alternatively indulge in a full Welsh breakfast with **Smoked Welsh Dragon Pork Sausage**, egg, mushrooms and tomato.