

TUESDAY/WEDNESDAY - BREAKFAST

Sausages, Scrambled Eggs & Beans

Serves: 5 Persons



Recipe Ingredients

5	Large sausages	Not suitable for V/VG (see page 3)
10	Eggs	Not suitable for VG (see page 3)
1/3 pack	Butter	Not suitable for LF (see page 3)
1 small tin	Baked beans	

CHEF'S TIPS

- 🌟 Save any leftover beans, cover them and put in fridge. They will last for up to 5 days to be used again later in the week.



CHARLONS

7:00am

- 363. Your oven should already be on for the pastries.
- 364. Take the sausages out of the fridge first thing to bring them to room temperature. This will allow them to cook more quickly.

7:30am

- 365. After the first lot of pastries are ready and the porridge has been made
- 366. Place the sausages on a tray with baking paper, grease them with a little vegetable oil and place on the top shelf of the oven.
- 367. Roast for approx. 30 minutes, turning them over half way through so they colour on both sides. You can put them in together with the second batch of pastries at the same time.
- 368. In the meantime, place the beans in a small saucepan and start warming through on a very low heat. Stir them from time to time so they don't burn on the bottom of the pan and keep them warm on a low heat during breakfast so they are ready to serve when you need them.

7:50am (Once the second lot of pastries are out of the oven)

- 369. Turn the heat right up to 200 degrees to brown the sausages.

8:00am (Once the sausages are fully cooked and browned)

- 370. Turn the oven down to 70 degrees and place them on the bottom shelf for the duration of breakfast, so they are ready to serve.
- 371. Keep 2 omelette pans warm on a low heat. This will allow you to cook scrambled eggs more quickly when guests make the request.
- 372. As each order comes in, bring the heat up underneath the pan and add a small knob of butter. Whilst the butter is melting, crack 2 eggs into a bowl, season with a pinch of salt and pepper and whisk them.
- 373. Add the eggs into the pan with the melted butter and scramble with a spatula, cook for roughly two minutes until scrambled.
- 374. You can easily cook 3-4 portions of scrambled eggs in one pan at the same time. Use a bigger pan to cook more portions if needed. Serve extras if requested.



CHARLONS

To Serve

375. Plate up on a warm plate with a sausage and 2 tablespoons of beans, making sure all components are hot (if you need to, warm them in the microwave) and serve neatly.
376. Add extras at the guests' requests, particularly when they do not want one component e.g. extra beans or eggs if they're not having sausages.