

DAY 4 – BREAKFAST

Sausages, Scrambled Eggs & Beans

(S), (GF), (NF) (LF)

Scrambled Eggs & Beans

(V)

Serves: 5 persons



**Recipe Ingredients**

- 5 Large sausages
- 10 Eggs
- 1/3 pack Butter
- 1 small tin Baked beans

Not suitable for (V)

**CHEF'S TIPS**

1. Save any leftover beans, cover and put in the fridge; they will last for up to 5 days and can be used again later in the week.

**7:00am** (Your oven should already be switched on for the pastries).

1. 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**

2. When the first lot of pastries are ready and the porridge has been made
3. 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.
4. Roast for approximately 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.
5. 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 load of pastries are out of the oven).

6. Turn the heat right up to 200°C to brown the sausages.

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

7. Turn the oven down to 70°C and place them on the bottom shelf for the duration of breakfast so they are ready to serve.
8. Keep two omelette pans warm on a low heat; this will allow you to cook scrambled eggs more quickly when guests make their request.
9. 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 two eggs into a bowl, season with a pinch of salt and pepper, and whisk them.
10. Add the eggs into the pan with the melted butter and scramble with a spatula. Cook for roughly two minutes until scrambled.



# CHARILLONS

11. 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.

## To Serve

12. Plate up on a warm plate with a sausage and two tablespoons of beans, making sure all components are hot, warming them in the microwave if necessary, and serve neatly.
13. Add extras at the guests' request, particularly when they do not want one component e.g. extra beans or eggs if they are not having sausages.

## Dietaries

**(V)** - For any vegetarian guests leave out the sausages

**(LF)** - offer LF clients sausage, beans and an egg fried in oil (as scrambled egg contains lactose)

[Please click on the link to refer to the vegan and lactose free Beans on Toasted Baguette.](#)