

SALMON WITH POACHED EGGS AND PANCAKES

Salmon for breakfast is just delicious! Here's a quick and easy recipe for you to make when you need that gorgeous kick of protein!

Great as breakfast, or as lunch. Add extras including spinach, mushrooms, tomato, or a multitude of other things to make it that little bit different!



Ingredients:

Smoked salmon
2 Eggs
Fresh chives, chopped
Self raising flour
Milk
Salt
Butter or oil (for frying the pancakes)
AUSBARREL (your favourite - we love this with AUSBARREL White, Lemon, Premium Pomegranate or Premium Raspberry)

Method:

Cook the pancakes*
At the same time, poach an egg (or two, three or four!)**
When cooked, place salmon on top of the pancake, and the poached egg on top of the salmon. Sprinkle the chopped chives over and drizzle a little AUSBARREL over it all.
Delicious!

* Pancakes recipe: Our recipe is one that is simple and easy. Simply crack an egg into a bowl with milk, add a cup of self raising flour, a tsp caster sugar, a pinch of salt and whisk. Add additional milk to reach your preferred consistency.

** Poach egg: Bring a large pot of water to a boil, then reduce to low (or turn off the heat). Crack the freshest egg you can get your hands on in a fine mesh sieve (over a small bowl) and remove the liquidy whites. Transfer the egg to a small ramekin or bowl. Add one tablespoon of white vinegar to the pot and stir to create a vortex (don't create a vortex if you are cooking more than one egg). Pour the the egg into the middle of the vortex and set a timer for 3 minutes. Once the egg is done, use a slotted spoon to remove the poached egg. Dab with a paper towel to remove excess water and eat immediately.