

Traditional English cooked breakfast

Es gibt viele Varianten von warmem Frühstück auf den britischen Inseln, aber Speck und Eier sind immer dabei. Deshalb wird dieses Gericht oft einfach *bacon and eggs* genannt. Das klassische englische Frühstück ist so beliebt, dass es als *all day breakfast* in vielen Cafés und Pubs den ganzen Tag über angeboten wird.

Preparation time: 15 minutes Cooking time: 30 minutes Serves 4



Ingredients:

- olive oil
- 8 thick **pork** (or Cumberland) sausages
- 8 large mushrooms
- 4 ripe tomatoes
- 6 eggs
- 8 **slices** of bacon
- 1 can (400g) of baked beans in tomato sauce
- 50g butter
- thickly sliced white bread
- salt and pepper
- **brown sauce** or tomato ketchup

1 Heat a large frying pan at a medium temperature. Once it is hot, **pour** a little olive oil into the pan. Add the sausages and **fry** for 15 to 20 minutes. Turn the sausages occasionally. **Increase** the temperature slightly after the first 10 minutes.

2 While the sausages are cooking, clean the mushrooms and tomatoes, **chop** them in half and **season** with a little salt and pepper.

3 **Gently** heat another pan and fry the tomatoes and mushrooms in a little oil at a low temperature. After 3 minutes, turn them, season with a little salt, and fry for a further 3 minutes.

4 Add the bacon to the frying pan with the sausages and fry for 2 to 4 minutes per side, or a little longer for very **crispy** bacon. While the meat is cooking, heat the baked beans gently on a low temperature. **Stir** frequently.

5 **Melt** the butter in a saucepan and break the eggs into the pan. Season and fry the eggs to your liking.

6 Meanwhile, toast the bread. Butter the toast and cut it in half. Serve everything on a large plate with a little brown sauce or tomato ketchup on the side. Enjoy with a **mug** of milky tea.



brown sauce eine dunkle Soße mit Tomaten
und Essig, die oft zu Fleisch
gegessen wird

to chop klein schneiden
county Grafschaft
crispy knusprig
flavour Geschmack(srichtung),
Sorte

to fry braten
gently langsam, sanft
herbs pl Kräuter

to increase erhöhen

to melt schmelzen

mug Becher

poached pochiert

pork Schweinefleisch

to pour gießen, geben

scrambled eggs Rührei

to season würzen

slice Scheibe

to stir umrühren

wholemeal Vollkorn...

erhöhen

schmelzen

Becher

pochiert

Schweinefleisch

gießen, geben

Rührei

würzen

Scheibe

umrühren

Vollkorn...

Exercise 1:

Collocations. Verbinden Sie die Verben mit den entsprechenden Substantiven!

- | | |
|-----------------------------------------|--------------------|
| 1. <input type="checkbox"/> to increase | a) the bread |
| 2. <input type="checkbox"/> to chop | b) the temperature |
| 3. <input type="checkbox"/> to heat | c) the butter |
| 4. <input type="checkbox"/> to melt | d) the mushrooms |
| 5. <input type="checkbox"/> to fry | e) the baked beans |
| 6. <input type="checkbox"/> to toast | f) the sausages |

Exercise 2:

Prepositions. Ergänzen Sie die fehlenden Präpositionen!

for from in (2×) on to with (2×)

Add the sausages 1. the pan and fry 2. 15 minutes.

Chop the tomatoes 3. half and season them 4. a little salt.

Fry the mushrooms 5. the fat 6. the sausages.

Serve 7. a large plate 8. brown sauce.

WHAT'S THAT?

*Cumberland sausages are thick pork sausages with various **herbs** and spices, including black pepper. They originated in Cumberland, a historic **county** in northern England. They are traditionally very long (around 50 cm), but today they are usually the size of standard pork sausages, around 10 cm. For this recipe, you can also use German Thüringer or Nürnberger sausages.*

Exercise 3:

Unscramble. Bringen Sie die Buchstaben in die richtige Reihenfolge!

1. I love the smell of fried **c a n o b** *bacon* in the morning!
2. Many people like to **t r u b e t** the bread they eat with soup.
3. **g e a s u s s a** come in many flavours and sizes.
4. **t h e i w d a b e r** is not as healthy as wholemeal or brown, but it is still a favourite on the breakfast table.
5. **o a t m o t t h e c k p u** has a high sugar content.
6. **d e a k b s b a n e** are much more popular in the UK than in Germany.

Exercise 4:

Odd one out. Welches Wort ist das „schwarze Schaf“? Unterstreichen Sie!

- | | | | |
|----------------|-------------|----------|--------------|
| 1. frying pan | temperature | saucepan | mug |
| 2. turn | add | enjoy | lacking |
| 3. gently | thickly | crispy | occasionally |
| 4. on the side | a little | 50g | a can of |
| 5. warmer | cooler | milder | hot |
| 6. preheated | fry | cook | turn |

DID YOU KNOW?

“How would you like your eggs?” is a very common question at breakfast time. Many people like them fried, but alternatives are **scrambled eggs**, **poached** eggs or boiled eggs. British people usually fry only one side of their eggs, but in the US, people usually fry both sides, and frying just one side is known as “sunny side up”.