

Recipes - Breakfast

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BREAKFAST

Over the years 30 - 40 The peasants rose at dawn to go to work in the fields.

About eight o'clock in the morning already tired used to do breakfast with savory dishes, like mashed potatoes and fried bread toasted with egg, bread and bacon and of course all served with a glass of wine.

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Mashed potatoes and fried ('E Patane Sfruculate)

Ingredients:

1 kg of potato-onion-salt-pork fat.

Preparation:

In a pot are cooked potatoes in plenty of water, then cooked it peeled and coarsely crushed (you sfruculeano).

Except in a pan puts a spoonful of lard you let melt, add the onion cut into slices and allow to brown. Are then added. potatoes sfruculate previously making them jump for about 5 to 6 minutes.

NB: When you fry the onion to taste add the vinegar pupacchiella seeded and washed under running water to remove excess vinegar.

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BISCUIT BREAD WITH EGGS

Ingredients:

500 grams of bread toasted -5 eggs-bacon-salt-pepper.

Preparation:

In a saucepan melt the fat leaves, cut into small pieces. Meanwhile in a separate bowl you put the eggs with salt and pepper and mix together very quickly.

Wets the toasted bread with a little water it crumbles and is joined in the pan with the bacon. Lets hop for about five minutes and add the eggs. They leave just coagulate and uses it all hot.

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POTATO SOUP

Ingredients:

2 kg of potatoes -1 onion -1 stalk of celery -1 increased to 500 grams tomatoes-salt-oil

Preparation:

In a large pot with a couple of tablespoons of olive oil and lard are made of a brown potatoes cut into big cubes, onion, celery stalk for about 5 minutes. Then joins the tomato sauce, you add salt and pepper and cook for about half an 'hour. The dish should be served hot.

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BREAD AND LARD

Ingredients:

6 slices of stale bread -6 slices of bacon very thin.

Preparation:

They are cooked on a grill and barbecued the six slices of bread. When you turn rests on the slice of bacon. It is left to dissolve and serve hot.

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