








Beckett's Farm

STARTERS

Black Pudding Salad



Method

-  2 large eggs
-  2 (2 cm thick) slices black pudding
-  50 gm salad leaves
-  1.5 tbsps whole grain mustard
-  3 tbsps rapeseed oil
-  2 tbsps lemon juice
-  Salt and pepper

1. Preheat oven to 200C/Fan 180C/ Gas Mark 6. Slightly roll out the black pudding to around 2cm thick (if it is not that thick already) and bake for 8-10minutes or until cooked through
2. Mix together the whole grain mustard and rapeseed oil until they blend together. Add lemon juice and mix well then leave to one side
3. Fill a frying pan with water and bring to the boil. Reduce the heat to a gentle simmer, crack in the two eggs and poach for 3minutes according to your taste then remove from the heat
4. Divide the salad leaves between two bowls and add the dressing, place the black pudding in the centre. Using a slotted spoon lift the poached eggs from the water and place on the black pudding

Note : inclusion of the small Beckett logo indicates that the ingredient can be purchased in Becketts Farm Shop.

