



BRUNCH RECIPES

Castle Terrace Bircher Muesli

Overnight oats

Equal quantities of oatmeal (50% medium and 50% pinhead) and “milk” such as almond milk or oatly. E.g. 1L oatly to four cups of oats. Half quantity of infused macerated fruits such as berries infused with earl grey tea and elderflower cordial. Sultanas or small berries. Honey to taste. Leave to infuse overnight

On the day assemble the muesli in a glass or dish with the oats, chopped or sliced berries, granola, seeds and grated seasonal fruit e.g. apples or ginger. Finish with a dollop of clotted cream or equivalent (coconut yoghurt for the dairy free).

There are many variations such as alternative grains (spelt, quinoa etc) and fruit as seasonal and to preference.

Scrambled eggs

2 eggs per portion scrambled in butter and finished with sea salt, ground pepper, chili flakes and grated nutmeg if preferred. Can be creamed using oatly cream.

The eggs are served with chopped accompaniments -

For meat eaters – mangelika 1 yr cured ham OR black treacle and cider cured streaky bacon (the latter requires frying or grilling to crisp the fat). Serve with flat leaf parsley and thyme

For fish eaters – hot smoked salmon flakes with dill, chives, lemon and smoked dulse

For vegetarians – kimchi, sauerkraut, spring onions and sautéed mushrooms.

The dish is accompanied by seasonal leaves dressed with lime-infused olive oil