EAT FOR BREAKFAST, LUNCH & DINNER!

Weird, wonderful and true – bangers and bacon are traditionally eaten at any time of day by the British & Irish. Such is their affection for these tasty little beings, they have invented some truly great recipes, several of which are listed below….

**DID YOU KNOW?**

- **Bangers and bacon** are two of Britain & Ireland’s most genuine and favorite foods, with celebrity fans including Elizabeth Taylor, Michael Caine, Prince Charles, Queen Victoria, and Roger Moore (“007”).

- **British & Irish bacon** is traditionally called “back-bacon” because it is made with pork loin. This makes it leaner than American bacon, which is typically from pork belly.

- **British & Irish bangers** have a milder, less salty flavor than their American counterparts, and are more finely ground. The addition of a small amount of breadcrumbs softens both the texture and taste.

- **There are over 400 different types of banger** sold in Britain & Ireland. They are made from a wide range of fillings, but regardless of the filling a traditional banger is thick, juicy and generous (at least an inch in diameter and 4 to 5 inches long).

**OUR PRODUCTS**

Spencer’s product range consists of a delicious dry-cured bacon, and two premium bangers – a Traditional Pork, and a Pork and Herb – which are perfect for tables in pubs, restaurants and homes.

**Fancy some Bacon?**

Spencer’s back-bacon is a hand-trimmed, hand-rubbed and dry-cured bacon made to an authentic British recipe. This specialty bacon is made using pork loin, in a dry-cure process that can take up to 10 days – that’s a long time to wait for a decent slice of bacon, but it creates a lean and truly unique flavor.

**Fancy some Bangers?**

Our bangers are made to traditional recipes using prime cuts of succulent pork, and lightly seasoned with a select blend of high quality herbs, spices and breadcrumbs to give an authentic balance of flavors, texture, size and shape. Great tasting bangers require great tasting ingredients, so ours contain none of the nasty things you wouldn’t add yourself. Our premium bangers are:

- Plump and have shiny skins, and well packed with no air bubbles
- Made fresh and blast-frozen to seal in the freshness and quality
- Filled with prime cuts of pork raised without hormones
- Made with only a small amount of breadcrumbs to harmoniously blend the meat and spices
- In high quality, natural pork casings
- Contain no Nitrites, Nitrates or MSG

As the saying goes “you get what you pay for”!

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1. FULL BRITISH & IRISH BREAKFAST

“What? Sunday morning in an English family and no sausages? God bless my soul, what’s the world coming to, eh?” Dorothy Sayers, British writer (1893-1957)

To many British & Irish folk, adding bangers and bacon rashers to eggs, mushrooms, tomatoes, and baked beans is simply the finest breakfast known to man!

Highly recommended for a fabulous family brunch, possibly followed by a long walk.

**Serving Per Person**
- 2 Spencer’s Bangers
- 2 rashers Spencer’s Bacon
- 1 Egg
- 1 Tomato, halved
- Mushrooms
- Baked Beans

**In a large pan**, cook the bangers slowly on medium heat. After a few minutes, add the bacon. Continue cooking until the bangers are a crisp, golden brown and the centers are no longer pink.

**Add the mushrooms** and the tomato halves, and cook through. In separate pans, prepare the baked beans and the eggs to your liking.

**Serve** all together on a plate, and complement with a slice or two of toast and a warm mug of Breakfast Tea.

2. SAUSAGE SANDWICH WITH CARAMELIZED ONIONS AND MUSTARD

“Forget caviar, sausages are the food of the rich and famous” Michael Caine

Try our bangers straight off the barbeque, in a fresh bun with caramelized onions and mustard. Add some ketchup, mustard or brown sauce to suit…!

**Cook the bangers** slowly on medium heat, turning often until a crisp, golden brown and the centers are no longer pink.

**Serves 2**
- 3 Spencer’s Bangers
- 1 teaspoon Butter
- 1 teaspoon Brown Sugar
- ½ Onion, chopped
- 1 teaspoon Mustard

**Melt the butter** in a separate pan, then add the brown sugar, onions and mustard and fry gently until onions are soft.

**Serve** in your favorite sandwich roll. Add some pickles and tomato ketchup if you feel the need! Try with a hearty pint of Guinness.
3. BACON SANDWICH

“*I am a man of simple tastes, easily satisfied with the best*” Winston Churchill

Cooked back-bacon in a fresh roll or a toasted English Muffin is a treat any time of day. This recipe can be easily embellished with the addition of an egg, some mushrooms, or whatever takes your fancy.

**Heat 1 tablespoon** of oil in a pan to a medium heat. Add the bacon and cook thoroughly to desired crispness. Turn often during cooking.

**Serves 2**
4 rashers Spencer’s Bacon Bread Rolls

Serve in your favorite sandwich roll or toasted English Muffin. A smooth coffee or cup of tea will go well with this one…

4. BANGERS AND MASH WITH RED WINE GRAVY

“They are so delicious and so easy to prepare. When I come to London there is always one thing on my mind – a plateful of bangers and mash” Elizabeth Taylor

A hearty and heartwarming dish commonly served in homes and pubs around Britain & Ireland, and typically eaten for either lunch or dinner.

Several famous couples have even served Bangers and Mash at their weddings, including the British actress Kate Winslet.

**Serves 4-6**
6 Spencer’s Bangers

**Mash**
1½ lb Potatoes, peeled and cut into chunks
½ cup Milk
2 tablespoons Butter
Black Pepper and Salt to taste

**Gravy**
2 tablespoons Butter
2 large Onions, finely sliced
1 Garlic Clove, minced
1 cup (8 fl oz) Red Wine
1 cup (8 fl oz) Beef Stock
1 tablespoon Brown Sugar

Have the bangers ready at room temperature, and cook them slowly on medium heat, turning often until a crisp, golden brown and the centers are no longer pink.

To make the mash, place potatoes in a saucepan of boiling water, and cook for about 30 minutes until soft. Drain in a colander, return to the same saucepan, and add the remaining ingredients. Mash together until fluffy and tasty.

For the gravy, melt the butter in a pan, then add the onions and garlic and simmer on a low heat until they soften. Add the wine, stock and sugar, and cook over a higher heat until reduced to your desired thickness.

Serve the mash gently on a plate, balance the bangers on the mash, then top with the rich onion gravy. Try with a full-bodied beer or a decent glass of red wine.
5. TOAD-IN-THE-HOLE

“There are few things as warming as a hot sausage”
Anon

What a weird name for a meal! You’ll be pleased to hear that the unique name is due to the appearance of the completed dish, which should look like bangers sticking out of a fluffy Yorkshire pudding.

But we’re still not clear where the toad came from…

To serve 4-6

6 Spencer's Bangers
Yorkshire Pudding mix
½ teaspoon Salt
2 Eggs
4 ounces All-Purpose Flour
1 cup Milk
2 tablespoons Sunflour Oil

To prepare the Yorkshire pudding mix, place the flour in a bowl. Add an egg, and whisk gently into the flour. Repeat until both eggs are used. Add the milk and salt and whisk thoroughly.

Cook the bangers slowly in a pan or roasting tray on a medium heat, turning often until a crisp, golden brown and the centers are no longer pink.

Meanwhile, add sunflour oil to a roasting tray and heat in the oven at 400 °F. Remove from oven and place bangers gently into the oil, leaving space between them. Take Yorkshire Pudding mix and pour around the bangers.

Return to oven and cook at 400 °F for a further 15 – 20 minutes, until puffed, browned and crisp.

Serve topped with onion gravy, and accompanied by fresh garden peas. Good with a pilsner or a glass of white wine.

GENERAL COOKING AND STORAGE DIRECTIONS

How do I cook the bacon?
Heat 1 tablespoon of oil in a pan to a medium heat. Add the bacon and cook thoroughly to desired crispness. Turn often during cooking.

How do I cook the bangers?
Pre-heat a pan or grill to medium heat. Cook for 12-15 minutes, turning often until a crisp, golden brown. Bangers are thoroughly cooked when contents are no longer pink and the internal temperature reaches 165°F. High heat may split natural casings. For best results, do not pierce casings during cooking.

What should I do for storage?
To ensure quality, refrigerate and prepare our products within 2 days; otherwise freeze up to 30 days. Defrost thoroughly before cooking and use within 24 hours.

For additional questions give us a bell on 312.415.6919 or contact nick@eatspencers.com