

## **Bauermfrühstück** (Bau-urn-FROO-shtuck | 'baʊɐn,fr̥yːftʏk)

*Northern and Eastern Germany*

*A simple and popular one-pan dish from Germany, served for breakfast or brunch/lunch.*

### **Ingredients** Serves 3-4

- 4 medium sized potatoes
- 1 medium white onion, chopped
- 1 green pepper, cut into small pieces
- 200 gm Speck (German smoked bacon); if not available, use slices of smoked bacon, chopped pancetta pieces or lardons
- Salt and freshly ground pepper
- Optional – 2 eggs
- Optional – spring onions, chopped
- Optional – bunch of fresh parsley or chives to garnish



### **Preparation**

1. Scrub the potatoes (but keep skin on)
2. Cut them into chunks, not too small, not too large (bite size). (Some variations use thick slices, some larger chunks)
3. Add to a pot of boiling salted water (1-2 tsp salt) and boil for 12-15 minutes till soft enough for a fork to pass through
4. Cut the bacon or Speck (if you can get it), into small pieces if it's not already in lardon pieces.
5. Slice the onion and chop (not in large slices, but not diced too small)

### **Cooking**

6. In a large frying pan, fry the onions until golden, not turning brown
7. Fry the green pepper so it is soft, but not turning brown
8. Fry the bacon/Speck until just before it becomes crispy
9. Add in the potatoes and fry until they start to brown and crisp on the edges (like roast potatoes)
10. Add the chopped spring onions if you're using them (for colour as well as taste)
11. Mix the ingredients together and serve with fresh bread and butter

### **Optional regional variation:**

Crack 3 eggs into a bowl, add salt and pepper and beat briefly. You can add a splash of milk if you like. Then pour the eggs into the mixture of onions, bacon and potatoes to cook through & set, about 2-3 minutes, stirring regularly.

### **Serving**

Serve hot on a plate, traditionally served with fresh bread

Garnish with chopped parsley or chives – or use the spring onions instead of mixing them in.

Serve with sliced gherkins as an optional extra garnish.

For a more substantial lunch, add a green salad.

Depending on the time of day and the region, a typical liquid accompaniment would be beer or a shot of Schnaps, but alcohol is not compulsory.

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I lived in Germany for a number of years as a teacher, trainer and materials writer, in both north and central Germany, where I often found this delicious dish.

### **Background Notes**

This dish is popular in many parts of the country and there are local variations – some don't use the green pepper, and in Bavaria they usually add the eggs to the mix, for example.

My favourite version was in the north, when I lived in Bielefeld, south of Hannover. The teachers' Collegium had a day trip to the North Sea coast and they served us this dish on board a German coastguard vessel, as a late morning second breakfast with lots of local Schnaps ...