



Canal Floddies

Ingredients (makes 4-8 floddies, depending on their size):

- 1 large potato
- 1 onion
- 1 egg, beaten
- 25g self-raising flour
- 2-3 rashers of bacon, chopped
- Salt and pepper
- 2 tablespoons vegetable oil

Method:

1. Grate the potato and squeeze out any liquid.
2. Grate the onion. Mix it with the grated potato and chopped bacon.
3. Add the beaten egg, flour, a pinch of salt and pepper to the potato mixture; stir well.
4. Heat the oil in a frying pan.
5. Carefully add the floddy mixture, dropping large spoonfuls into the pan, and flattening them with a spoon or fork.
6. Reduce the heat and cook slowly, turning a few times during cooking, until the floddies are golden brown on both sides. Drain on kitchen paper to remove excess oil.

Adapted from a recipe by [Dragons and Fairy Dust](http://dragonsandfairydust.co.uk)
(dragonsandfairydust.co.uk)



This recipe for floddies originates from the canals and shipyards of the North East of England. Similar dishes would have been eaten by workers on the Lancaster Canal in the 19th Century. Floddies are an inexpensive, hearty breakfast food, perfect if you have a day of hard work ahead. Traditionally they were cooked on a shovel over a fire, but nowadays that is optional... a frying pan is fine!

Our recipe uses bacon, but you could experiment with different fillings and herbs, including foraged ingredients such as wild garlic.

