



Migas, which translates to *crumbs* in English, varies widely across Spain, but the fundamental ingredient in all incarnations is fried bread. The recipe is easily adaptable, and was featured recently on *Wild Gourmets in Spain*. It's a great way to use up leftover cottage loaves.

This is the traditional breakfast of the shepherds who tend the Manchega sheep in La Mancha, as it's made from easily transportable ingredients. Here's my take on it...

- chorizo sausage
- paprika, preferably smoked
- stale bread, torn into bite-sized chunks
- olive oil
- onion, chopped
- 1 clove garlic, sliced
- eggs
- Manchego, or other hard sheeps milk cheese

Note: the original recipe used Spanish chorizo, a smoked cured meat, similar to salami. I couldn't find one that I liked, so I've gone for an Italian style chorizo, which is a fresh sausage that needs to be cooked before eating. Alternatively, you could use salami, bacon or a different fresh sausage.

1. Sprinkle the bread with a little water if it's dry. Set aside.

2. In a large frypan, heat a good lug of olive oil and fry the onion and garlic, then add the chopped chorizo. Fry until the chorizo starts to cook and releases some of its oil. Add a little paprika - this adds a lovely colour and flavour to the dish and helps to compensate for the lack of paprika in non-Spanish chorizos.

3. Add the bread and fry until well coloured and crisp. Spoon out onto serving dishes. Top each plate with a fried egg and a few slices of cheese, then season with freshly ground black pepper.

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