

Welsh Breakfast Toolkit

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Welsh Breakfast Toolkit

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This document provides you with hints and tips of how and where to source Welsh produce, for example by working with your local butchers and local farmers markets.

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01_Welsh Breakfast Menu Template

Bore da! Good Morning!

Please help yourself to the buffet selection featuring local produce...

<Insert local producer> Apple Juice

<Insert local producer> Yoghurt with <Insert local producer>

Seasonal Fruit 'Oats so good' Granola or Homemade Granola with <Insert local producer> Honey

<Insert local producer> Honey and <Insert local producer> Preserves

Hot food – cooked to order

<Insert local producer> Honey Porridge with <Insert local producer> Seasonal Fruit and Penderyn Whisky

Traditional Welsh Breakfast: <Insert local producer> Eggs, <Insert local producer> Sausage, Laverbread and Oat Cakes, and <Insert local producer> Mushrooms and Tomatoes

<Insert local producer> Cheese 'Sausage' with <Insert local producer> Mushrooms and Tomatoes with a Poached Free Range Egg

<Insert local producer> Fish Kedgeree

Baked <Insert local producer> Eggs with Leeks, Laverbread and Ham

Warm Welsh Pancakes with <Insert local producer> Honey and <Insert local producer> Local Fruit

<Insert local producer> Toast with <Insert local producer> Butter and <Insert local producer> Preserves

Toasted Barabryth with <Insert local producer> Butter

Welsh Brew Tea with Welsh Milk

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02_Alternative breakfast ideas

If guests are staying for more than a few nights they may welcome some different breakfast dishes such as...

Breakfast kebabs: thread some bacon rolls, mushrooms, cherry tomatoes, sausages on skewer and grill

Mini frittatas: using bacon, sausages, spring onions, Welsh cheeses, peppers, laverbread and baking in muffin tins

Pancakes: Pancws or crempog are normally served at teatime but a delicious option for Breakfast. Use buttermilk or natural yoghurt to make lighter versions and serve with seasonal fruit, local honey, Welsh butter and preserves

Baked eggs: line a muffin tin holes with thin bacon or ham, crack an egg into each one, season with pepper and bake at 200C for 12minutes. Serve on buttered toast – ideal for children

Welsh breakfast buffet: cured meats, Carmarthen Ham, Welsh Cheeses, barabrith (fresh or toasted)

Some regional breakfasts such as...

The Gower Breakfast

Fried salt fat bacon served with cockles, laverbread, oat cakes and poached eggs

The Menai Breakfast

Grilled cured bacon with scrambled egg flavoured with laverbread, Menai oyster, leek and potato cake

The Pembrokeshire Breakfast

Local smoked haddock with poached Cresswell free range egg

The Teifi Breakfast

Rhydlewis smoked salmon with Birchgrove scrambled eggs, chives and Welsh cream

The Conwy Breakfast

Edwards of Conwy pork sausages, grilled Nantmor mushrooms, grilled tomato and fried free range egg

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03_Monmouthshire Sample Breakfast Menu

Bore da! Good Morning!

Please help yourself to the buffet selection featuring local produce...

'Welsh Farmhouse' Apple Juice

'Llaeth y Llan' Yoghurt with 'Glan Usk Farm' Seasonal Fruit

'Oats so good' Granola or Homemade Granola with 'Usk Valley Apiaries' Honey

'Wye Valley Honey' and 'Avrils Kitchen' Preserves

Hot food – cooked to order

'Usk Valley Apiaries' Honey Porridge with 'Berry Hill Farm' Seasonal Fruit and 'Penderyn' Whiskey

Traditional Welsh Breakfast: Eggs, 'Hancocks of Monmouth' Sausage, 'HJ Edwards' Bacon, Laverbread and Oat Cakes, Mushrooms and Tomatoes

'Y Fenni Cheese' Sausage with Mushrooms and Tomatoes

'Black Mountain Smokery' Kedgeriee

Baked Eggs with Leeks, Laverbread and Ham

Warm Welsh Pancakes with 'Usk Valley Apiaries' Honey and 'Glan Usk Farm' Local Fruit

'Wigmores Bakery' Toast with 'Colliers' Butter and Preserves

Welsh Brew Tea with Welsh Milk

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04_Example Breakfast - On The Go Menu

For guests in a hurry and with little time to sit down for a full breakfast here are a few suggestions for a breakfast on the run...

To drink

Daioni Flavoured Milk

Breakfast Smoothie with Local Honey and Fruit

Brecon Carreg Water, Three Wells Water Pouch

'Welsh Farmhouse' Apple juice

Savoury

Welsh 'BLT' Wrap (Bacon, Laverbread and Tomato)

Local Free Range Egg and Local Sausage Roll

Cheese & Leek Scone or Muffin

Potato, Leek & Local Cheese Baked Egg Slice

Sweet

Homemade Oat, Honey and Whinberry Muffins, Welshcakes, Barabirith, Selection of pre packaged Cakes, Muffins, Fruit Bun, Flapjacks from local bakeries

Seasonal Local Fruit

'Rachels', Daffodil Foods or Llaeth y Llan fruit yoghurts

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05_Top tips

Use local businesses and producers to supply Welsh and local ingredients for breakfast such as...

Meat	Local butchers for bacon (sliced to required thickness), sausages, black pudding, local eggs. Charcuterie, cured meats and other bacon products from wholesalers Castell Howell, Harlech Frozen Foods, Trealy Farm, Neuadd Fach Baconry
Eggs	Visit local farms for free range eggs or Welsh suppliers such as Ellis eggs, Birchgrove eggs, CywHapus, Briscwm Farm, Nantclyd Organics
Fish	Black Mountain Smokery, Rhydlewis Smokery, Cwt Mwg
Laverbread	Buy fresh from local market or fishmonger, dried laver from Pembrokeshire Beach Food, canned from Selwyns, Parsons. You can freeze it as well!
Cheese	Try local wholesalers, delis, farm shops and farmers markets for a range of Welsh cheeses including Caerphilly, Cheddars, goat's cheeses and soft cheeses, Cwt Mwg
Dairy	Use local milk such as Ty Tanglwyst, Dragon, Daioni, Rachel's Organic, Calon Wen
Apple juice	Farmhouse Apple Juice, Anglesey Apple, Springfield, Ty Bryn, Toloja, Pant Du
Honey	Use local honey such as Skirrid, Wye Valley, Usk Valley, Monmouthshire, Hill Top Honey, P.Guthrie
Preserves	Make your own or use local companies such as Radnor Preserves, Claire's Kitchen, Avril's Country Preserves, Welsh Lady Preserves, Speciality Foods
Bread	Use Welsh milled flour to make your own such as Bacheldre, Talgarth, FelinGanol and local bakers for bread and cakes
Butter	Welsh butter such as Dragon, Hollybush, Rachel's, Castle Dairies Collier's, Calon Wen
Fruit & Veg	Buy seasonally from local growers, Famer's market, farm shops. Fresh or dried mushrooms from the Mushroom Garden, Maesyffin Mushrooms
Drinks	Use Welsh blended teas such as Dwyfor, Welsh Brew and locally roasted coffee beans like Welsh Coffee, Coaltown Coffee, Ferraris, Preseli, Jackson Green
Wholesaler	Blas ar Fwyd

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