

# ★ U.K. ★ BBQ ★ Week ★



Direct grill  
on plancha  
or griddle



Final Temp  
70°C/160°F



30 mins



£10



Serves 4

## RECIPE

### McMuffin



## INGREDIENTS

Spray Oil for the Plancha

4 English Muffins

8 Pork Sausages

8 rashers Streaky Bacon

4 Eggs

4 slices of processed cheese (I know that's sacrilege but it is the best type for these)

You can also add other things such as hash browns, mushrooms or grilled tomato.

## METHOD

- 1.** Take the skin off the sausages and make four patties out of two sausages each. Squirt some oil on the plancha or griddle pan and put the patties on to cook. Add the bacon after about 10 mins.
- 2.** You can do one of two things with the eggs you can cook them in a silicone ring, just like they do at McDonalds or you can scramble them.
- 3.** Once you are happy that the sausages are cooked, toast the muffins and add the cheese to the top of the sausage patties and melt.
- 4.** Pile up your sausage, bacon, egg and if desired a big splodge of ketchup.

Recipe from [coleybbq](#) on [Twitter](#) and [Instagram](#)