



# Cheesy Crumpet Soldiers with Honeyed Bacon & Eggs

EASY • 25 MINS

Take the humble bacon and eggs to new heights with honey roasted bacon, cheese-grilled crumpets and lashings of love. Your tastebuds will be thrilled!



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**COOKING TIME**  
15 mins

**SERVINGS**  
2

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

- 4 crumpet squares
- ¼ cup shredded cheese (cheddar, mozzarella or a mixture with parmesan works well here)
- 4 eggs, boiled
- 4 bacon mid-rashers
- 2 tsp **Capilano Pure Honey**
- Chives, to serve
- Tomato chutney, to serve (optional)

## Method

1. Bring a small saucepan of water to the boil and add eggs, boiling for 5-6 minutes for a soft yolk. Place onto egg cups and prepare remaining items.
2. While eggs are boiling, toast crumpet squares until golden, and then place on an oven tray and sprinkle with cheese. Grill for 2-3 minutes until bubbly and golden.
3. While crumpets are grilling, cook bacon in frypan. Once nearly cooked, swirl through the honey and allow to bubble for 30 seconds to create a sweet glisten.
4. To serve, chop crumpet squares into soldiers, slice the top of the boiled egg and plate with bacon, chives and (optional) chutney. Add an extra squeeze of honey over the bacon for an extra sweet salty burst of flavour.

Used in this recipe



### Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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