

Chef

express



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When Credibility Matters

breakfast

eggs & more





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Publishers
Simon St.John Bailey

Digital Content Manager
Christian G Bailey

Editing
Isabel Toyos

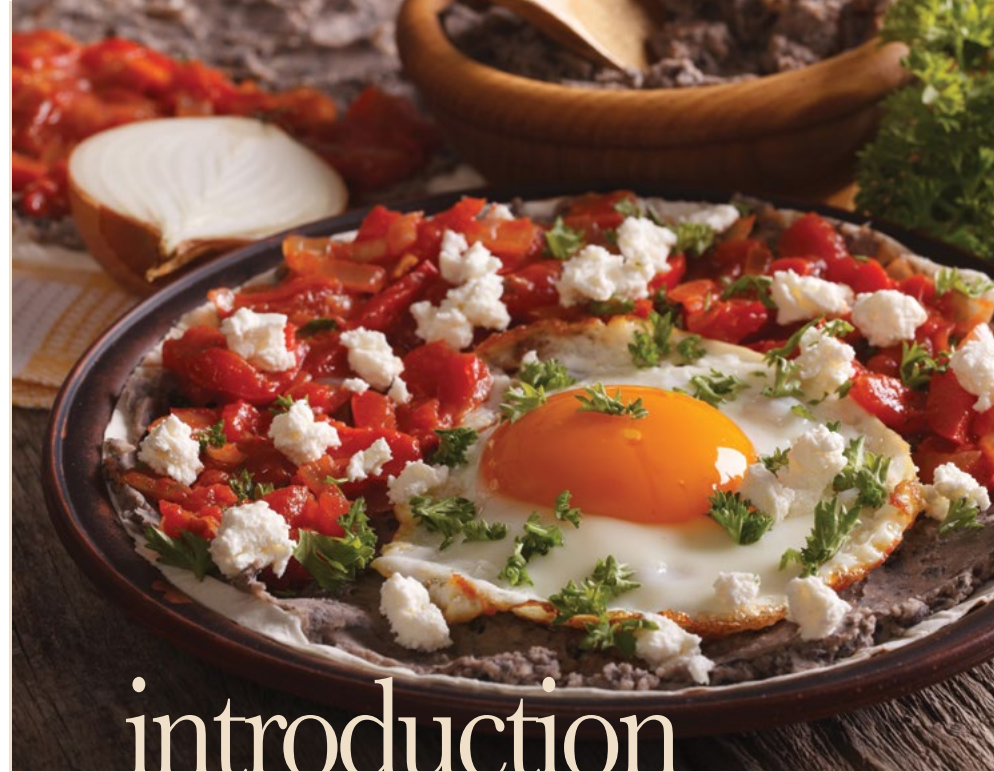
Compilation
Sofia Toyos

Design and lay out
Natalia Canet

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introduction

Breakfast: A Morning Delight

- Breakfast is often hailed as the most important meal of the day, providing nourishment and energy to kickstart your morning.
- It's a delightful culinary ritual that varies across cultures and personal preferences, offering a wide array of flavors, textures, and aromas.
- Whether you prefer a hearty, savory breakfast or a sweet, indulgent one, there's something to satisfy every palate.



breakfast

eggs & more



Eggs: Versatile Protein Powerhouses

- Eggs are a breakfast staple, renowned for their versatility and nutritional value.
- They come in various forms, such as scrambled, fried, poached, or boiled, offering endless possibilities for customization.
- Eggs are a rich source of high-quality protein, essential vitamins like B12, and important minerals like iron and zinc.
- They can be transformed into fluffy omelets, classic eggs Benedict, or a simple sunny-side-up, catering to different tastes and dietary preferences.

More Breakfast Delights: A Feast for the Senses

- Freshly brewed coffee or tea often accompanies breakfast, providing a comforting, aromatic start to the day.
- Toast, bagels, or croissants can be topped with butter, jam, honey, or spreads like avocado for a satisfying crunch.
- Cereals and yogurt offer quick, nutritious options, with an array of toppings like fruits, nuts, and honey.
- Pancakes and waffles, whether topped with maple syrup and berries or smothered in Nutella, provide a sweet indulgence.

- Bacon, sausages, and ham bring a savory, smoky dimension to the breakfast plate.
- Fresh fruit juices or smoothies add a refreshing touch, bursting with vitamins and natural sweetness.

In sum, breakfast is a culinary adventure where eggs, in their many forms, shine as versatile protein powerhouses. Paired with an assortment of other delights, it's a sensory experience that satisfies cravings and fuels the day ahead. Whether you lean towards savory or sweet, breakfast caters to all tastes and preferences, making it a morning delight for everyone.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



greek yogurt parfait

■ □ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

ingredients

- > 1 cup Greek yogurt
- > ½ cup granola
- > ½ cup mixed berries (such as strawberries, blueberries, raspberries)
- > Honey (to taste)
- > Nuts (optional, for garnish)

method

1. In a glass or bowl, start with a layer of Greek yogurt.
2. Add a layer of granola on top of the yogurt.
3. Scatter a layer of mixed berries over the granola.
4. Drizzle honey over the berries for sweetness.
5. Repeat the layers until you've used up your ingredients, ending with a final sprinkle of nuts if desired.

.....
Serves: Approximately 1 person



tip from the chef

Serve these colorful parfaits in mason jars for an elegant look.



veggie omelette

■ ■ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

method

1. Crack the eggs into a bowl, add a pinch of salt and pepper, and whisk them together until well combined.
2. Heat the oil or butter in a non-stick skillet over medium heat.
3. Add the diced vegetables to the skillet and sauté for a few minutes until they are slightly softened.
4. Pour the whisked eggs over the vegetables in the skillet. Let them cook undisturbed for a minute or two until the edges start to set.
5. Carefully lift the edges of the omelette with a spatula and tilt the skillet to let the uncooked eggs flow to the edges. Once the eggs are mostly set but still slightly runny on top, sprinkle the grated cheese over one half of the omelette. Fold the other half over the cheese and cook for another minute until the cheese melts and the omelette is cooked through.

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Serves: Approximately 1 person

ingredients

- > 2 eggs
- > ¼ cup diced bell peppers
- > ¼ cup diced tomatoes
- > ¼ cup diced onions
- > ¼ cup sliced mushrooms
- > Salt and pepper to taste
- > 2 tablespoons grated cheese (optional)
- > 1 tablespoon oil or butter

tip from the chef

Serve your omelette with seasoned breakfast hash browns and fresh fruit.



hash brown casserole

■ □ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > 1 (32 oz) bag frozen hash browns, thawed
- > 1 (10.5 oz) can condensed cream of mushroom soup
- > 1 cup sour cream
- > ½ cup melted butter
- > 1 small onion, finely chopped
- > 2 cups shredded cheddar cheese
- > Salt and pepper to taste
- > *Optional:* crushed cornflakes or breadcrumbs for topping

method

1. Preheat your oven to 350°F (175°C).
2. In a large bowl, combine the thawed hash browns, cream of mushroom soup, sour cream, melted butter, chopped onion, and 1 cup of shredded cheddar cheese. Season with salt and pepper to taste.
3. Grease a 9x13-inch casserole dish. Spread the hash brown mixture evenly in the dish.
4. Sprinkle the remaining 1 cup of shredded cheddar cheese on top of the hash brown mixture. If desired, you can also sprinkle crushed cornflakes or breadcrumbs for a crispy topping.
5. Bake the casserole in the preheated oven for about 45-50 minutes, or until the top is golden brown and the casserole is bubbly. Allow it to cool slightly before serving.

.....
 Serves: Approximately 6-8 people



tip from the chef

Serve with sour cream, bacon bits and hot sauce and your favorite breakfast sausage.





belgian waffles

■ ■ □ | Cooking time: depend on your waffle iron - Preparation time: 10 minutes

method

1. Preheat your waffle iron according to its instructions.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
3. In another bowl, beat the eggs, then add the milk, melted butter, and vanilla extract. Mix well.
4. Add the wet mixture to the dry ingredients and mix until just combined. Do not overmix; a few lumps are okay.
5. Pour the batter onto the preheated waffle iron and cook until the waffles are golden brown and crisp. The exact cooking time will depend on your waffle iron.

- > 2 cups all-purpose flour
- > 2 tablespoons granulated sugar
- > 1 tablespoon baking powder
- > ½ teaspoon salt
- > 2 large eggs
- > 1¾ cups milk
- > ½ cup unsalted butter, melted
- > 1 teaspoon vanilla extract

.....
 Serves: Approximately 2-3 people

tip from the chef

Serve the Belgian waffles warm with your choice of toppings, such as maple syrup, whipped cream, berries, or a dusting of powdered sugar. Enjoy your delicious homemade waffles!



avocado

toast

■ □ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

ingredients

- > 1 ripe avocado
- > 2 slices of bread (whole wheat, sourdough, or your choice)
- > Salt and pepper to taste
- > Red pepper flakes (optional)
- > Lemon juice (optional)
- > Olive oil (optional)

method

1. Toast the slices of bread to your preferred level of crispiness.
2. While the bread is toasting, cut the ripe avocado in half, remove the pit, and scoop the flesh into a bowl.
3. Mash the avocado with a fork until it reaches your desired texture. Add a pinch of salt, pepper, and a squeeze of lemon juice if desired. Mix well.
4. Once the bread is toasted, spread the mashed avocado evenly onto the slices.
5. Optionally, drizzle a bit of olive oil over the avocado and sprinkle with red pepper flakes for some extra flavor and a touch of heat.

.....
 Serves: Approximately 1 person

tip from the chef

Serve your avocado toast with a fried, scrambled or poached egg and a drizzle of hot sauce!





breakfast

tacos

■ ■ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

method

1. **Warm the tortillas:** Heat the tortillas in a dry skillet or microwave until warm and pliable.
2. **Scramble the eggs:** In a bowl, beat the eggs and season with salt and pepper. Cook the scrambled eggs in a skillet until cooked to your liking.
3. **Assemble:** Place a portion of scrambled eggs on each tortilla. Top with crumbled sausage or bacon, shredded cheese, and diced tomatoes.
4. **Add optional toppings:** If desired, sprinkle chopped cilantro and drizzle salsa or hot sauce over the tacos.
5. **Fold the tortillas in half to create the tacos.** Serve immediately.

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 Serves: Approximately 2 people

ingredients

- > 4 small flour or corn tortillas
- > 4 large eggs
- > ½ cup cooked and crumbled breakfast sausage or bacon
- > ¼ cup shredded cheddar cheese
- > ¼ cup diced tomatoes
- > Salt and pepper to taste
- > Chopped fresh cilantro (optional)
- > Salsa or hot sauce (optional)

tip from the chef

Serve these delicious breakfast tacos with a side of your favorite guacamole, sour cream, refried beans or Mexican corn salad.



french toast

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

ingredients

- > 4 slices of bread (thick slices work best)
- > 2 large eggs
- > ½ cup milk
- > 1 teaspoon vanilla extract
- > ½ teaspoon ground cinnamon
- > Pinch of salt
- > Butter or oil for cooking
- > Optional toppings: maple syrup, powdered sugar, fresh berries

method

1. In a bowl, whisk together the eggs, milk, vanilla extract, ground cinnamon, and a pinch of salt until well combined.
2. Heat a skillet or griddle over medium heat. Dip each slice of bread into the egg mixture, allowing it to soak for a few seconds on each side.
3. Add a little butter or oil to the skillet. Place the dipped bread slices on the skillet and cook until the bottom is golden brown and crispy, usually 2-3 minutes.
4. Flip the slices and cook the other side until golden brown.
5. Once both sides are cooked, transfer the French toast slices to plates. Serve immediately with your choice of toppings, such as maple syrup, powdered sugar, or fresh berries.

.....
 Serves: Approximately 2 people



tip from the chef

Serve with sides of strawberry, raspberry and blueberry jam along with your favorite whip cream.





spinach

and mushroom quiche

■ ■ □ | Cooking time: 30 minutes - Preparation time: 20 minutes

method

1. Preheat your oven to 375°F (190°C).
2. In a skillet, sauté the sliced mushrooms until they release their moisture and turn golden brown. Add the chopped spinach and cook until wilted. Season with salt and pepper. If using onions or garlic, sauté them with the mushrooms for added flavor.
3. Place the prepared pie crust in a pie dish. Spread the cooked mushrooms and spinach evenly over the crust. Sprinkle shredded cheese on top.
4. In a bowl, whisk together the eggs and milk until well combined. Season with a pinch of salt and pepper.
5. Pour the egg mixture over the vegetables and cheese in the pie crust. Carefully transfer the quiche to the preheated oven and bake for about 25-30 minutes, or until the filling is set and the top is lightly golden. Allow the quiche to cool slightly before slicing and serving.

.....
 Serves: Approximately 4-6 people

ingredients

- > 1 prepared pie crust (store-bought or homemade)
- > 1 cup fresh spinach, chopped
- > 1 cup mushrooms, sliced
- > ½ cup shredded cheese (Swiss, cheddar, or your choice)
- > 3 large eggs
- > 1 cup milk (dairy or plant-based)
- > Salt and pepper to taste
- > *Optional:* diced onions or garlic for extra flavor

tip from the chef

For an extra savory quiche, use Gruyere or Gouda cheese and a mix of cremini and shiitake mushrooms.



eggs benedict

■ ■ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

ingredients

- > 2 English muffins, split and toasted
- > 4 eggs
- > 8 slices Canadian bacon or ham
- > Hollandaise sauce (store-bought or homemade)
- > Chopped parsley (for garnish)

method

1. **Poach the eggs:** Bring a pot of water to a gentle simmer. Crack each egg into a small bowl, then gently slide them one by one into the simmering water. Cook for about 3 minutes until the whites are set but the yolks are still runny. Remove with a slotted spoon and drain excess water.
2. While eggs are poaching, warm the Canadian bacon or ham slices in a skillet.
3. **Assemble:** Place two toasted English muffin halves on each plate. Top each half with a slice of warmed Canadian bacon or ham, followed by a poached egg.
4. Drizzle Hollandaise sauce over the eggs.
5. Garnish with chopped parsley and serve immediately.

.....
 Serves: Approximately 2 people

tip from the chef

Serve your eggs benedict with fried breakfast potatoes and a bowl of fresh fruit for the perfect combination.





pumpkin pancakes

■ ■ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

method

1. In a bowl, whisk together the flour, brown sugar, baking powder, baking soda, cinnamon, nutmeg, and salt.
2. In another bowl, whisk together the milk, pumpkin puree, egg, melted butter, and vanilla extract until well combined.
3. Pour the wet ingredients into the dry ingredients and gently mix until just combined. Don't overmix; a few lumps are okay.
4. Heat a skillet or griddle over medium heat and lightly grease it. Pour about ¼ cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook the other side until golden brown.
5. Serve the pumpkin pancakes warm with your favorite toppings such as maple syrup, whipped cream, or chopped nuts.

.....
Serves: Approximately 2-3 people

ingredients

- > 1 cup all-purpose flour
- > 2 tablespoons brown sugar
- > 1 teaspoon baking powder
- > ½ teaspoon baking soda
- > ½ teaspoon ground cinnamon
- > ¼ teaspoon ground nutmeg
- > ¼ teaspoon salt
- > ¾ cup milk
- > ½ cup pumpkin puree
- > 1 egg
- > 2 tablespoons melted butter
- > 1 teaspoon vanilla extract

tip from the chef

Try adding semisweet or white chocolate chips for the ultimate sweet pumpkin pancakes.



breakfast pizza

■ ■ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 1 pre-made pizza crust (or make your own)
- > ½ cup shredded mozzarella cheese
- > 4 slices of cooked bacon, crumbled
- > 2 large eggs
- > Salt and pepper to taste
- > Fresh chopped chives (optional)
- > Cherry Tomatoes and Broccoli (optional)

method

1. Preheat your oven according to the pizza crust instructions.
2. Place the pizza crust on a baking sheet or pizza stone.
3. Sprinkle a layer of shredded mozzarella cheese over the pizza crust.
4. Evenly distribute the crumbled bacon on top of the cheese.
5. Carefully crack two eggs onto the pizza, placing them strategically to prevent the yolks from breaking. Season the eggs with a pinch of salt and pepper.
6. Bake the pizza in the preheated oven for about 10-15 minutes, or until the crust is golden, the cheese is melted, and the eggs are cooked to your liking.
7. Optionally, sprinkle fresh chopped chives over the pizza before serving.

.....
 Serves: Approximately 2 people

tip from the chef

Make mini breakfast pizzas using English muffin halves and serve on a platter with slices of avocado toast.





huevos rancheros

■ ■ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. **Warm the tortillas:** Heat the tortillas in a dry skillet or microwave until warm and pliable.
2. **Cook the eggs:** In a skillet, fry or cook the eggs as desired (sunny-side up or over-easy).
3. **Heat the refried beans:** Warm the refried beans in a saucepan over low heat.
4. **Assemble:** Place a warm tortilla on each plate. Spread a layer of refried beans on each tortilla. Top with a cooked egg and spoon salsa over the egg.
5. Sprinkle grated cheese on top, and if desired, garnish with chopped cilantro, sliced avocado, and a dollop of sour cream. Add salt and pepper to taste.

.....
 Serves: Approximately 2 people

ingredients

- > 4 corn tortillas
- > 4 large eggs
- > 1 cup refried beans (canned or homemade)
- > 1 cup salsa (store-bought or homemade)
- > ½ cup grated cheese (cheddar, Monterey Jack, or your choice)
- > Chopped fresh cilantro (optional)
- > Sliced avocado (optional)
- > Sour cream (optional)
- > Salt and pepper to taste

tip from the chef

Serve these Huevos Rancheros with a side of Chorizo Sausage and Papas Rotas (Mexican Fried Potatoes).



mixed berry smoothie bowl

■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

ingredients

- > 1 cup mixed berries (such as strawberries, blueberries, raspberries)
- > 1 ripe banana
- > ½ cup Greek yogurt
- > ¼ cup milk (dairy or plant-based)
- > 2 tablespoons honey or maple syrup (optional)
- > Toppings of your choice (granola, sliced fruits, nuts, seeds)

method

1. In a blender, combine the mixed berries, ripe banana, Greek yogurt, milk, and optional honey/maple syrup.
2. Blend until the mixture is smooth and creamy.
3. Pour the smoothie into a bowl.
4. Add your favorite toppings like granola, sliced fruits, nuts, and seeds.
5. Enjoy your mixed berry smoothie bowl immediately.

.....
Serves: Approximately 1 person



tip from the chef

These mixed berry bowls are the perfect treat for a healthy breakfast or snack.



smoked salmon bagel

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. Spread cream cheese on both halves of the toasted bagel.
2. Place the smoked salmon slices on one half of the bagel.
3. Top the salmon with red onion slices and capers if desired.
4. Add fresh dill for extra flavor, if available.
5. Squeeze lemon juice over the salmon and assemble the bagel.

ingredients

- > 1 plain bagel, sliced and toasted
- > 2 oz smoked salmon
- > 2 tablespoons cream cheese
- > Red onion slices
- > Capers (optional)
- > Fresh dill (optional)
- > Lemon wedges

.....
 Serves: Approximately 1 person

tip from the chef

Tzatziki, a creamy Greek sauce made from yogurt, cucumber, garlic, and herbs, makes a wonderful accompaniment to this smoked salmon bagel.



breakfast quesadilla

■ ■ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

ingredients

- > 2 large flour tortillas
- > 4 large eggs
- > ¼ cup diced ham
- > ½ cup shredded cheddar cheese
- > ¼ cup diced bell peppers
- > ¼ cup diced onions
- > Salt and pepper to taste
- > Cooking oil or butter

method

1. In a bowl, whisk together the eggs, diced bell peppers, diced onions, salt, and pepper.
2. Heat a skillet over medium heat and add a small amount of cooking oil or butter.
3. Pour the egg mixture into the skillet and scramble until cooked through.
4. Place a tortilla in another skillet and sprinkle half of the diced ham, shredded cheddar cheese over one half of the tortilla.
5. Spoon the scrambled eggs over the cheese, then sprinkle the remaining cheese on top. Fold the tortilla in half and cook for a few minutes on each side until golden brown and the cheese is melted.

.....
 Serves: Approximately 2 people



tip from the chef

Serve with Queso Fresco cheese, salsa and sour cream for toppings.





quiche

lorraine

■ ■ □ | Cooking time: 35 minutes - Preparation time: 20 minutes

method

1. Preheat your oven to 375°F (190°C).
2. Place the pie crust in a pie dish and crimp the edges.
3. Sprinkle the cooked bacon and shredded cheese over the bottom of the pie crust.
4. In a bowl, whisk together the eggs, heavy cream, salt, pepper, and a pinch of nutmeg. Pour this mixture over the bacon and cheese in the pie crust.
5. Place the quiche in the preheated oven and bake for about 30-35 minutes, or until the quiche is set and the top is golden brown. Allow it to cool slightly before slicing and serving.

.....
 Serves: Approximately 4-6 people

ingredients

- > 1 pie crust (pre-made or homemade)
- > 6 slices of bacon, cooked and crumbled
- > 1 cup shredded Gruyère or Swiss cheese
- > 4 large eggs
- > 1 cup heavy cream
- > Salt and pepper to taste
- > Pinch of nutmeg

tip from the chef

Serve with a platter of savory focaccia bread topped with roasted tomatoes and onions and a drizzle of olive oil.



breakfast bowl

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 1 cup cooked quinoa or oats
- > ½ cup Greek yogurt
- > ¼ cup mixed berries (such as strawberries, blueberries, raspberries)
- > 1 tablespoon honey or maple syrup
- > 1 tablespoon chopped nuts (such as almonds or walnuts)
- > *Optional toppings:* chia seeds, flax seeds, sliced bananas

method

1. Start with a base: Place cooked quinoa or oats in a bowl.
2. Add a layer of Greek yogurt on top of the quinoa or oats.
3. Scatter the mixed berries over the yogurt.
4. Drizzle honey or maple syrup over the berries for sweetness.
5. Sprinkle chopped nuts on top, and if desired, add other optional toppings like chia seeds, flax seeds, or sliced bananas.

.....
Serves: Approximately 1 person

tip from the chef

Serve with protein muffins, such as carrot cake, banana peanut butter or blueberry.



spinach and feta frittata

■ □ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

method

1. Preheat your oven's broiler.
2. In a bowl, whisk together eggs, milk, salt, and pepper.
3. Heat an oven-safe skillet over medium heat with a bit of oil or butter.
4. Add chopped spinach to the skillet and sauté until wilted.
5. Pour the egg mixture over the sautéed spinach. Sprinkle feta cheese on top. Cook on the stovetop until the edges are set, then transfer the skillet to the preheated broiler and cook until the top is golden and the center is cooked through.

.....
 Serves: Approximately 2-3 people

ingredients

- > 6 large eggs
- > ¼ cup milk
- > 1 cup fresh spinach, chopped
- > ½ cup crumbled feta cheese
- > Salt and pepper to taste
- > Cooking oil or butter

tip from the chef

This easy flavorful dish is perfect for breakfast, brunch or lunch. Serve with a fresh green salad and french bread slices.



breakfast

BLT sandwich

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 8 slices of bread (toasted if desired)
- > 8 slices of cooked bacon
- > 4 lettuce leaves
- > 2 medium-sized tomatoes, sliced
- > 4 eggs
- > Salt and pepper to taste
- > Mayonnaise or aioli (optional)

method

1. Cook the bacon until crispy using your preferred method (stovetop, oven, or microwave).
2. In a non-stick skillet, cook the eggs sunny-side up or over-easy. Season with salt and pepper to taste.
3. Lay out the toasted bread slices. Spread mayonnaise or aioli on one side of each slice, if desired. Place a lettuce leaf on the bottom slice of bread. Top with slices of cooked bacon, followed by the cooked egg and tomato slices.
4. Place the second slice of bread on top of the tomatoes to create the sandwich. Press down gently to hold everything together. If desired, you can slice the sandwich diagonally.
5. Serve the breakfast BLT sandwiches immediately.

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 Serves: Approximately 4 breakfast BLT sandwiches

tip from the chef

Serve with a bowl of fresh fruit or fried breakfast potatoes.





blueberry pancakes

■ □ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

method

1. In a mixing bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.
2. In another bowl, whisk together the buttermilk, milk, egg, and melted butter.
3. Combine the wet and dry ingredients, mixing until just combined (a few lumps are okay).
4. Gently fold in the fresh blueberries.
5. Heat a skillet or griddle over medium heat. Grease with a bit of butter or oil. Pour $\frac{1}{4}$ cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook until golden brown on both sides.

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 Serves: Approximately 2-3 people

ingredients

- > 1 cup all-purpose flour
- > 1 tablespoon granulated sugar
- > 1 teaspoon baking powder
- > $\frac{1}{2}$ teaspoon baking soda
- > $\frac{1}{4}$ teaspoon salt
- > $\frac{3}{4}$ cup buttermilk
- > $\frac{1}{4}$ cup milk
- > 1 large egg
- > 2 tablespoons melted butter
- > $\frac{1}{2}$ cup fresh blueberries
- > Butter or oil for cooking

tip from the chef

Serve your delicious blueberry pancakes with syrup, additional blueberries, or any other toppings you prefer!



cinnamon rolls

■■■ | Cooking time: 25 minutes - Preparation time: 1½ hours

ingredients

For the dough:

- > 2¾ cups all-purpose flour
- > ¼ cup granulated sugar
- > 1 packet (2 ¼ tsp) active dry yeast
- > ½ cup milk
- > ¼ cup unsalted butter
- > ¼ cup water
- > ¼ teaspoon salt
- > 1 large egg

For the filling:

- > ¼ cup unsalted butter, softened
- > ½ cup brown sugar
- > 1 tablespoon ground cinnamon

For the glaze:

- > 1 cup powdered sugar
- > 2-3 tablespoons milk
- > ½ teaspoon vanilla extract

method

- 1. Make the dough:** In a large bowl, combine 2 cups of flour, sugar, yeast, and salt. In a saucepan, heat milk, water, and butter until warm. Add the warm liquid mixture and egg to the dry ingredients. Stir well. Gradually add the remaining flour until a soft dough forms. Knead the dough on a floured surface until smooth.
- 2. Let the dough rise:** Place the dough in a greased bowl, cover with a towel, and let it rise in a warm place for about 1 hour, or until doubled in size.
- 3. Prepare the filling:** Roll out the risen dough on a floured surface into a rectangle. Spread the softened butter over the dough, then sprinkle brown sugar and cinnamon evenly.
- 4. Roll and cut:** Roll the dough into a log and cut it into 12 equal slices. Place the slices in a greased baking pan.
- 5. Bake and glaze:** Preheat the oven to 350°F (175°C) and let the rolls rise again for about 15-20 minutes. Then, bake for 20-25 minutes, or until golden brown. While the rolls are baking, prepare the glaze by whisking powdered sugar, milk, and vanilla extract until smooth. Drizzle the glaze over the warm cinnamon rolls.

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 Serves: Approximately 6 people



ham and cheese croissant

■ ■ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. Preheat your oven to 350°F (175°C).
2. Slice the croissants in half horizontally. Spread a small amount of mustard or mayonnaise on the inside of each croissant, if desired. Place a slice of ham and a slice of cheese on the bottom half of each croissant.
3. If using, add a few lettuce or spinach leaves on top of the cheese.
4. Close the croissants by placing the top half over the filling. Place the filled croissants on a baking sheet.
5. Bake the croissants in the preheated oven for about 5-7 minutes, or until the cheese is melted and the croissants are slightly toasted. Serve warm.

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 Serves: Approximately 2 people

ingredients

- > 2 large croissants
- > 4 slices of ham
- > 4 slices of cheese (Swiss, cheddar, or your choice)
- > Mustard or mayonnaise (optional)
- > Fresh lettuce or spinach leaves (optional)

tip from the chef

Feel free to adjust the quantities based on the number of servings you need or your preferences.



banana walnut muffins

■ ■ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

ingredients

- > 2 ripe bananas, mashed
- > ½ cup granulated sugar
- > ¼ cup melted butter
- > 1 egg
- > 1 teaspoon vanilla extract
- > 1½ cups all-purpose flour
- > 1 teaspoon baking soda
- > 1 teaspoon baking powder
- > ½ teaspoon salt
- > ½ cup chopped walnuts

method

1. Preheat your oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a bowl, mix the mashed bananas, sugar, melted butter, egg, and vanilla extract until well combined.
3. In a separate bowl, whisk together the flour, baking soda, baking powder, and salt.
4. Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Fold in the chopped walnuts.
5. Divide the batter evenly among the muffin cups. Bake for about 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean. Let them cool before serving.

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 Serves: Approximately 6 people

tip from the chef

Serve these muffins as a side with a breakfast bowl or a mixed berry smoothie.



apple cinnamon crêpes

■■■ | Cooking time: 25 minutes - Preparation time: 30 minutes

method

1. Prepare the crêpe batter by whisking together the flour, eggs, milk, melted butter, and a pinch of salt until smooth. Let the batter rest for about 15-20 minutes.
2. While the batter is resting, prepare the apple cinnamon filling. In a skillet, melt the butter over medium heat. Add the sliced apples, brown sugar, and ground cinnamon. Cook, stirring occasionally, until the apples are tender and caramelized.
3. Heat a non-stick skillet over medium heat. Brush the skillet with a little melted butter.
4. Pour a small amount of the crêpe batter into the skillet, swirling it around to coat the bottom evenly. Cook for about 1-2 minutes until the edges start to lift and the crêpe is lightly golden underneath. Flip the crêpe and cook for another 1-2 minutes on the other side.
5. Place some of the apple cinnamon filling onto one half of the crêpe. Fold the other half over the filling to create a half-moon shape. Repeat the process to make additional crêpes.
6. Serve the apple cinnamon crêpes warm, optionally dusted with powdered sugar or drizzled with maple syrup.

.....
 Serves: Approximately 2 people

ingredients

For the Crêpes:

- > 1 cup all-purpose flour
- > 2 large eggs
- > 1 cup milk
- > 2 tablespoons melted butter
- > Pinch of salt

For the Apple Cinnamon Filling:

- > 2 medium apples, peeled, cored, and thinly sliced
- > 2 tablespoons butter
- > 2 tablespoons brown sugar
- > ½ teaspoon ground cinnamon



classic mimosa

■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

ingredients

- > 1 bottle of chilled champagne or sparkling wine
- > 2 cups of orange juice (freshly squeezed or store-bought)
- > Orange slices for garnish

method

1. Make sure the champagne or sparkling wine and orange juice are well chilled before you begin.
2. Fill each champagne flute about halfway with chilled champagne or sparkling wine.
3. Gently pour about $\frac{1}{4}$ cup of chilled orange juice into each flute, allowing it to mix with the champagne. You can adjust the amount of orange juice to your taste preferences, making it slightly stronger or milder.
4. Give the mimosa a gentle stir with a long spoon to ensure that the champagne and orange juice are combined.
5. Optionally, garnish each mimosa with a thin slice of orange on the rim of the flute. Serve immediately.

.....
 Serves: Approximately 6



tip from the chef

For the classic Mimosa, substitute lemonade for the orange juice and garnish with lemon slices





bloody mary

■□□ | Cooking time: 0 minutes - Preparation time: 15 minutes

method

- 1. Rim the Glass (Optional):** If desired, moisten the rim of a highball glass with a lemon wedge and dip it into celery salt or seasoned salt to coat the rim.
- 2. Mix Ingredients:** Fill the glass with ice cubes. Add vodka, tomato juice, lemon juice, Worcestershire sauce, and hot sauce.
- 3. Season:** Add a pinch of salt and black pepper to taste.
- 4. Stir:** Use a cocktail stirrer or a long spoon to gently stir the mixture in the glass, thoroughly combining the ingredients.
- 5. Garnish and Serve:** Garnish the Bloody Mary with a celery stalk and a lemon wedge. You can also add olives, pickles, or other garnishes of your choice. Serve immediately.

.....
 Serves: Approximately one

ingredients

- > 1½ oz (45 ml) vodka
- > 3 oz (90 ml) tomato juice
- > ½ oz (15 ml) freshly squeezed lemon juice
- > 1 dash of Worcestershire sauce
- > 1 dash of hot sauce (such as Tabasco), or to taste
- > Salt and black pepper to taste
- > Celery salt or seasoned salt (optional, for rimming the glass)
- > Ice cubes
- > Garnishes: celery stalk, lemon wedge, olives, pickles, etc.

Tip from the Chef

For the ultimate bloody mary garnish, serve with large cooked peeled shrimp and fried bacon strips.



peach bellini

■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

ingredients

- > 2 ripe peaches (or 1 cup of frozen peach slices)
- > 1 tablespoon lemon juice
- > 1 teaspoon sugar (adjust to taste)
- > Chilled prosecco or sparkling wine

method

1. If using fresh peaches, peel and pit them, then cut them into small chunks. If using frozen peach slices, you can skip this step.
2. In a blender, combine the peach chunks (fresh or frozen), lemon juice, and sugar. Blend until the mixture is smooth and well combined. Taste and adjust the sweetness if needed.
3. Spoon 2-3 tablespoons of the peach puree into the bottom of a chilled champagne flute or glass.
4. Slowly pour chilled prosecco or sparkling wine into the flute to fill it up. The peach puree will mix with the bubbles and create a beautiful Bellini.
5. Give the Bellini a gentle stir to combine the peach puree and sparkling wine. Serve immediately.

.....
 Serves: Approximately one



tip from the chef

For another variation, try a Raspberry Bellini, using fresh raspberries, prosecco and raspberry syrup.



pomegranate spritzer

■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

method

1. In a glass, combine the pomegranate juice, freshly squeezed lime juice, and honey. Stir well until the honey is dissolved.
2. Fill the glass with ice cubes.
3. Slowly pour sparkling water or club soda into the glass to fill it up. You can adjust the amount of sparkling water based on your preference for sweetness and strength.
4. Give the spritzer a gentle stir to mix the pomegranate and lime juices with the sparkling water.
5. Garnish the spritzer with pomegranate arils, lime slices, and mint leaves, if desired.

.....
 Serves: Approximately one

ingredients

- > ¼ cup pomegranate juice (freshly squeezed or store-bought)
- > 1 tablespoon freshly squeezed lime juice
- > 1 teaspoon honey (adjust to taste)
- > Sparkling water or club soda
- > Ice cubes
- > Pomegranate arils and lime slices for garnish
- > Mint leaves for garnish (optional)

Tip from Chef

This non alcoholic drink is a favorite anytime you want something a little more celebratory than plain old water.



sparkling

cranberry punch

■ ■ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

ingredients

- > 2 cups cranberry juice cocktail (chilled)
- > 1 cup orange juice (chilled)
- > ¼ cup vodka (adjust to taste)
- > ¼ cup freshly squeezed lemon juice
- > ¼ cup simple syrup (equal parts water and sugar, dissolved)
- > 2 cups sparkling wine or champagne (chilled)
- > Fresh cranberries and orange slices for garnish
- > Ice cubes

method

1. In a pitcher, combine the cranberry juice cocktail, orange juice, vodka, freshly squeezed lemon juice, and simple syrup. Stir well to mix the flavors.
2. If the ingredients are not already chilled, place the pitcher in the refrigerator for about 1-2 hours.
3. Just before serving, pour in the sparkling wine or champagne. You can adjust the amount based on your preference for the strength of the punch.
4. Fill glasses with ice cubes. Pour the alcoholic sparkling cranberry punch into the glasses. Garnish each glass with a few fresh cranberries and a slice of orange.
5. Serve the alcoholic sparkling cranberry punch immediately.

.....
 Serves: Approximately 4-6

tip from the chef

Sparkling punches begin to lose their fizz after about 2 hours, so don't add the sparkling ingredients until right before serving. If you won't run through all the punch in that time, just serve half of it topped with half the bubbly stuff!



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