

BREAKFAST FOODS

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Belgian Waffle Recipe

Ingredients

2 cups all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon baking soda
3/4 teaspoon salt
2 cups well-shaken buttermilk
3/4 stick (6 tablespoons) unsalted butter, melted and cooled to room temperature
2 large eggs

Directions

Whisk together flour, sugar, baking powder, baking soda, and salt in a large bowl. Whisk together buttermilk, melted butter, and eggs in another bowl, then fold into flour mixture until just combined. Brush hot waffle iron lightly with vegetable oil and pour a slightly rounded 1/2 cup of batter into each waffle mold (see cooks' note, below). Cook waffles according to manufacturer's instructions until golden and cooked through, about 3 minutes. Transfer as cooked to rack in oven to keep warm, keeping waffles in 1 layer to stay crisp. Make more waffles in same manner.

Leek & Asparagus Frittata

ingredients

- 2 tablespoons (1/4 stick) butter
- 1 cup chopped leeks (white and pale green parts only)
- 1 12-ounce bunch thin asparagus, trimmed, cut on diagonal into 1-inch pieces (about 2 1/2 cups)
- 1 cup sliced stemmed shiitake mushrooms
- 8 large omega-3 eggs
- 1 cup diced Fontina cheese, divided
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese
- splash of heavy whipping cream

preparation

Preheat oven to 350F. Melt butter in heavy broilerproof 10-inch-diameter nonstick skillet over medium heat. Add leeks and sauté 4 minutes. Add asparagus and shiitake mushrooms, sprinkle lightly with salt, and sauté until tender, about 6 minutes. Whisk eggs, a splash of heavy whipping cream, 3/4 cup Fontina cheese, 1/2 teaspoon salt, and 1/2 teaspoon pepper in medium bowl. Add egg mixture to skillet; fold gently to combine. Pour contents into an 8in nonstick cake pan and sprinkle with cheese, bake 25-30 min until golden. Can broil an additional 2 min to get brown and crusty on top

Alton Brown's French Toast

Ingredients

1 cup half-and-half

3 large eggs

2 tablespoons honey, warmed in microwave for 20 seconds

1/4 teaspoon salt

8 (1/2-inch) slices day-old or stale country loaf, brioche or challah bread

4 tablespoons butter

Directions

In medium size mixing bowl, whisk together the half-and-half, eggs, honey, and salt.

You may do this the night before. When ready to cook, pour custard mixture into a pie pan and set aside.

Preheat oven to 375 degrees F. Dip bread into mixture, allow to soak for 30 seconds on each side, and then remove to a cooling rack that is sitting in a sheet pan, and allow to sit for 1 to 2 minutes.

Over medium-low heat, melt 1 tablespoon of butter in a 10-inch nonstick saute pan. Place 2 slices of bread at a time into the pan and cook until golden brown, approximately 2 to 3 minutes per side. Remove from pan and place on rack in oven for 5 minutes. Repeat with all 8 slices. Serve immediately with maple syrup, whipped cream or fruit.

Pumpkin Muffins

1 1/2 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon table salt

1/2 teaspoon cinnamon + 1/4 teaspoon ginger + pinch of ground cloves and cardamom

1 1/3 cup canned solid-pack pumpkin puree

1/3 cup vegetable or another neutral cooking oil

2 large eggs

1 1/4 cups (plus 1 tablespoon) granulated sugar

1 teaspoon cinnamon

Heat oven to 350 degrees. Put liners in 12 standard-sized muffin cups.

Stir or whisk together flour, baking powder, baking soda, salt and spice in small/medium bowl.

In a larger bowl, whisk together pumpkin, oil, eggs and 1 1/4 cups sugar. Add dry ingredients to wet and stir until just combined. Divide batter among muffin cups (each about 3/4 full).

Stir together last tablespoon of sugar and teaspoon of cinnamon. Sprinkle over each muffin.

Bake until puffed and golden brown and wooden pick or skewer inserted into the center of a muffin comes out clean, 25 to 30 minutes.

Cool in pan on a rack five minutes, then transfer muffins from pan to rack and cool to warm or room temperature.

Do ahead: Most muffins don't keep well, but these are excellent on Day 2 (after being stored in an airtight container at room temperature) and not bad at all on Day 3. If longer, I'd keep them in the freezer until needed.

Cinnamon Swirl buns with cream cheese frosting

Dough

1 cup whole milk

3 tablespoons unsalted butter

3 1/2 cups (or more) unbleached all purpose flour, divided

1/2 cup sugar

1 large egg

2 1/4 teaspoons rapid-rise or instant yeast (from 1 envelope yeast)

1 teaspoon salt

Nonstick vegetable oil spray

Filling

3/4 cup (packed) golden brown sugar

2 tablespoons ground cinnamon

1/4 cup (1/2 stick) unsalted butter, at room temperature

Pinch of salt

Glaze

4 ounces cream cheese, at room temperature

1 cup powdered sugar

1/4 cup (1/2 stick) unsalted butter, room temperature

1/2 teaspoon vanilla extract

For dough: Combine milk and butter in glass measuring cup. Microwave on high until butter melts and mixture is just warmed to 120°F to 130°F, about 30 to 45 seconds. Pour into bowl of stand mixer fitted with paddle attachment. Add 1 cup flour, sugar, egg, yeast, and salt. Beat on low speed 3 minutes, stopping occasionally to scrape down sides of bowl. Add additional 2 1/2 cups flour. Beat on low until flour is absorbed and dough is sticky, scraping down sides of bowl. If dough is very sticky, add more flour by tablespoonfuls until dough begins to form ball and pulls away from sides of bowl. Turn dough out onto lightly floured work surface. Knead until smooth and elastic, adding more flour if sticky, about 8 minutes. (You may also use a KitchenAid's dough hook for this process.) Form into ball.

Lightly oil large bowl with nonstick spray. Transfer dough to bowl, turning to coat. Cover bowl with plastic wrap, then kitchen towel. Let dough rise in warm draft-free area until doubled in volume, about 2 hours.

For filling: Mix brown sugar, cinnamon and pinch of salt in medium bowl.

Press down dough. Transfer to floured work surface. Roll out to 15×11-inch rectangle. Spread butter over dough, leaving 1/2-inch border. Sprinkle cinnamon mixture evenly over butter. Starting at the longer side, roll dough into log, pinching gently to keep it rolled up. With seam side down, trim ends straight if they are uneven (we baked them in a ramekin, incapable of discarding such deliciousness) cut remaining dough crosswise with thin sharp knife (a good serrated worked well here) into 18 equal slices (each about 1/2 to 3/4 inch wide).

Spray two 9-inch square glass baking dishes (an 8-inch square metal pan worked just fine, too) with nonstick spray. Divide rolls between baking dishes, arranging cut side up (there will be almost no space between rolls). Cover baking dishes with plastic wrap, then kitchen towel. Let dough rise in warm draft-free area until almost doubled in volume, 40 to 45 minutes, though yours, like mine, may take longer. Don't skimp on the double-rising time.

Position rack in center of oven and preheat to 375°F. Bake rolls until tops are golden, about 20 minutes. Remove from oven and invert immediately onto rack. Cool 10 minutes. Turn rolls right side up.

For glaze: Combine cream cheese, powdered sugar, butter, and vanilla in medium bowl. Using electric mixer, beat until smooth. Spread glaze on rolls. Serve warm or at room temperature.

Note: These buns were best the day they were baked. The second day, they were on the tough side. If you anticipate wanting them over a few days, glaze them to order, heating the buns beforehand to soften them up.