
COOKBOOK
VOLUME 05

CUMULUS

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2024

CUMULUS ARCHITECTS INC.

BREAKFAST OF CHAMPIONS



Champions

Good morning champion!

Breakfast isn't just the first meal of the day, it's the launchpad for greatness. Our 2024 collection will elevate your breakfast game - whether you are fueling up for a busy day, relaxing on the weekend or looking to raise the bar at your next celebratory brunch.

In *Breakfast of Champions* you will find a variety of recipes - whether you're a fan of sweet or savory, light or hearty, we've got you covered. We have pulled out childhood favourites, recreated tastes of home and elevated classic dishes that will leave you feeling like a champion—ready to take on the day.

So, grab your apron, brew your coffee, and let's get cooking.

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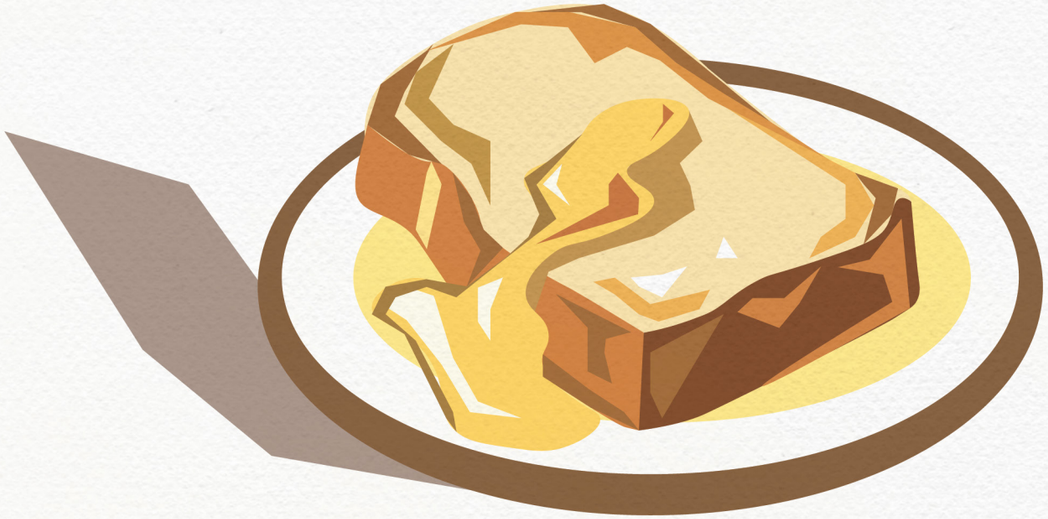
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CLASSICS





HOMESTYLE FRENCH TOAST W/ ONTARIO MAPLE SYRUP

vegetarian

prep time: 10 mins

cook time: 20 mins

serves: 4



Abraham Galway

"So, what do you want for breakfast - oatmeal or French toast?" —Mom

French toast was always the obvious choice, even though we knew the oatmeal would provide more energy for the long day of hiking ahead.

This breakfast is best prepared over an open fire on a campsite but can also be a stovetop meal prepared at home. Serve with Ontario Mennonite maple syrup (the darker the better), carried in a small Nalgene bottle if you are camping.

Suggested drink pairing is 50/50 instant coffee and hot chocolate powder mixed with water brought to a rolling boil over the fire or a Coleman stove.

what

4 eggs

½ teaspoon sugar

pinch salt

pinch cinnamon

pinch nutmeg

¼ teaspoon vanilla extract (optional)

1 cup milk

dash oil or butter (for the pan)

8 slices sliced bread (½"/12.7mm thick)

¼ cup maple syrup (for serving)

how

1. Lightly pre-toast the sliced bread (optional).
2. Using a mixing bowl, whisk together the eggs, sugar, salt, cinnamon, nutmeg and vanilla until thoroughly combined. Add milk and whisk until blended.
3. Preheat a cast iron skillet with oil or butter, over medium heat.
4. Soak slices of bread in the egg bath, turning once to evenly coat entire slice, and immediately drop into the preheated pan. Do not soak more slices than will fit in your preheated pan at one time.
5. Cook soaked bread until browned on one side, then flip over until browned on the other side.
6. Transfer the cooked slices to a covered plate to keep warm, and repeat steps 4 & 5 until no egg bath remains.
7. Serve with butter and maple syrup.



hot tip

Breakfast champions use dark Ontario maple syrup.





SHAKSHUKA

gluten free | vegetarian | prep time: 5 mins | cook time: 10 mins | serves: 3-4



Aseel Sadat

Growing up on our small farm in Afghanistan, shakshuka defined our mornings. The aromatic blend of spices, sizzling vegetables, and bubbling eggs in tomato sauce would awaken the entire household. As we gathered around the "dastarkhan" (space where food is eaten) the shakshuka pan took centre stage. This was a moment where we would share stories of what's planned for the day while using warm bread to scoop up the savory dish. Those mornings, filled with laughter and comforting food remain some of my fondest memories of growing up on a farm.

what

1 tbsp clarified butter
1 onion, diced
1 red bell pepper (or yellow), sliced
3 cloves garlic, minced
1 tsp ground cumin
1 tsp paprika
½ tsp red chili flakes (or jalapeños)
4 large tomatoes, diced
(or 1 can of diced tomatoes)
salt and pepper to taste
4-6 eggs
fresh cilantro or parsley for garnish

how

1. Heat clarified butter in a large skillet over medium heat. Add onions and bell peppers, cooking until softened (about 5 minutes).
2. Add garlic, cumin, paprika, and chili flakes. Sauté for another minute until fragrant.
3. Add tomatoes, salt, and pepper. Simmer for 10-15 minutes until the sauce thickens.
4. Make small wells in the sauce and crack the eggs into them.
5. Cover the skillet and cook for 5-7 minutes, or until the egg whites are set, but the yolks are still runny.
6. Garnish with fresh cilantro or parsley.
7. Serve hot with bread for dipping.









ÇILBIR: TURKISH POACHED EGGS

vegetarian | prep time: 10 mins | cook time: 10 mins | serves: 1



Ila D'Cruz

I tried this delicious savoury breakfast at a cozy little restaurant, which then became an adventure when my friend and I decided to recreate it at home. We tackled poaching eggs for the first time, which turned into a hilarious kitchen egg-scapade. The fun wasn't just in the eggs —though we were pretty proud of our somewhat wobbly results —but in the joy of trying something new together and sharing a delicious meal we'd made ourselves. Of course, now that we can successfully poach eggs, we consider ourselves masters in the kitchen.

what

1 cup plain greek yogurt

1-2 garlic cloves (eaten raw so tread lightly)

2 eggs

3 tbsp extra virgin olive oil

1-2 tbsp white vinegar (optional)

2 tsp red pepper flakes

1 tbsp chopped parsley

how

1 In a small mixing bowl, combine room-temperature yogurt, minced garlic, and a good pinch of kosher salt. Whisk it like you're trying to impress. Divide the mixture between two serving bowls and set aside.

2 Now, fill a medium saucepan with water and bring it to a boil—think of it as preparing for a hot tub party for eggs. Stir in the vinegar.

3 While you wait for the water to bubble, crack an egg into a small fine-mesh sieve over a bowl. Gently swirl the eggs in the sieve, letting the excess liquid egg whites drain away like all your good intentions on a Monday morning. Transfer the now-refined egg to a ramekin.

4 When the water is ready, grab a wooden spoon and stir it like you're trying to summon a whirlpool. Gently add the egg to the center of the vortex—minus the dramatic splash. Let it poach for 2 to 3 minutes. Once it looks like a little cloud of deliciousness, use a slotted spoon to rescue it and place it on a plate lined with parchment paper.

5 Repeat the process for the second egg, giving it the same level of attention because we don't play favorites here.

hot tip

Legend has it that the vinegar in the boiling water is the secret potion to a perfect poached egg, while another tale whispers that it does absolutely nothing. Thus, the brave adventurer must embark on this culinary quest to discover the truth for herself.

6 Whip up an olive oil sauce. In a small skillet, warm the olive oil and sprinkle in some the red pepper flakes over medium heat. Let it sizzle—this is its time to shine!

7 Now, take those gorgeous poached eggs and place them right on top of the yogurt mixture. Drizzle the heated oil over the top and sprinkle with parsley.

8 Serve immediately with your favorite rustic bread.



TAPSILOG: TAPA, SINANGAG AT ITLOG

gluten free | prep time: 10 mins | cook time: 30 mins | serves: 3-4



Irene Tadeo

Tapsilog, a popular Filipino meal, is a hearty combination of the dish's three components: tapa (beef), sinangag (garlic fried rice), and itlog (fried egg). While this recipe is fairly straightforward, there are a few ways to ensure a great result even on your first try. First, make sure that the garlic in the marinade is coarsely—not finely—chopped; otherwise, it will burn in the hot oil. Second, really drain the marinade from the beef. Third, have a pair of long tongs handy when you start frying, as the oil will splatter when the meat cooks and you'll want to stand back.

Though silog is traditionally served for breakfast—it makes a savory, satisfying meal any time of day.

what

1 lb beef sirloin (sliced thinly)
3 eggs
¾ c lemon
2 tbs brown sugar
1 tsp ground pepper
3 tbs soy sauce
6 cloves crushed garlic
salt
3 cups cooked white rice

how

Beef

1 Marinate beef with crushed garlic, soy sauce, pepper, sugar and lemon.

2 Beef can be cooked in 2 ways:

(A) Boiling the beef in its marinade. Once the liquid completely evaporates, the beef gets fried in the remaining oil.

(B) Simply fry the beef with small amount of oil

Fried Rice

3 It is best to use leftover rice if you have any.

4 Put oil and garlic in at the same time and cook until garlic turns light brown.

5 Add rice, then stir fry, season with salt.

6 Cook egg according to your preference.

7 Arrange the beef, fried rice and fried egg on a large plate.









FLATBREAD OF CHAMPIONS

vegetarian | prep time: 1.5 hrs | cook time: 15 mins | serves: 4



Narges Nasr

You can't pass through the streets of any town in Iran on an early morning without being greeted by the aroma of fresh flatbreads in the air. When I crave that familiar scent, I try to recreate my favorite flatbread, Barbari, known for its deep-gold crust and wonderful texture, in my kitchen. I pull out all the tricks I've gathered from different recipes, determined to make it just right—even without the traditional fire!

what

1 ⅔ to 1 ¾ cups water

2 ¼ teaspoons active dry or instant yeast

4 cups + 3 tablespoons bread flour

1 ½ teaspoons (9g) salt

Glaze

⅓ cup water

½ teaspoon sugar

2 teaspoons all-purpose flour

½ teaspoon vegetable oil

Topping

1 teaspoon sesame seeds

1 teaspoon nigella (black onion) seeds

(or substitute with poppy seeds, if desired)

how

Prepare the Dough:

1 In a mixing bowl, combine the water and yeast. Stir to dissolve.

2 Add the bread flour and salt. Mix until a smooth, slightly sticky dough forms that clears the sides of the bowl.

First Rise:

3 Transfer the dough to a lightly greased large bowl. Cover and let it rise until nearly doubled in size, about 1 hour.

Shape the Loaves:

4 Gently deflate the risen dough and divide it into two equal pieces.

5 Shape each piece into a circle about 9 inches diameter. Loosely cover with greased plastic wrap and let rest for 30 minutes.

Prepare the Glaze:

6 While the dough rests, combine the ingredients for the glaze in a small saucepan: flour, sugar, vegetable oil, and cool water.

7 Heat over medium heat, stirring constantly until the mixture thickens and coats the spoon, about 1 minute. Remove from heat and set aside.

Preheat the Oven:

8 Preheat your oven to 450°F (230°C). If using a pizza stone, place it on the lowest rack or directly on the oven floor.

hot tip

Serve it fresh with simple sides like feta cheese, walnuts and definitely with a cup of black tea.

Final Touches:

9 Once the dough has rested, gently flatten each piece.

10 Using your fingers, create lengthwise grooves in the dough. Brush half of the glaze over each piece, making sure to cover it evenly. Sprinkle with half the seeds.

Bake:

11 If using a pizza stone, carefully slide the dough onto it. If not, place the loaves on a baking sheet on the middle rack.

12 Bake for 15 to 18 minutes, or until the loaves are golden brown.







APPAM WITH CHICKEN STEW

gluten free | prep time: 1 hr | cook time: 1 hr | serves: 4



Preeti Cherian

Appam with chicken stew is a traditional South Indian breakfast dish. My mum always made this for breakfast on Easter, Christmas and other special occasions bringing fond memories and the taste was always drool worthy! It can be an elaborate prep, but it is totally worth it for a champion.

what

Appam

2 cups short grain rice
(washed & soaked for 3 hours)
½ cup freshly grated coconut
½ cup cooked rice
2 cups water or little more for grinding
1-2 tbsp sugar
¼ tsp baking soda
1 tsp salt to taste

Chicken Stew

½ kg chicken cut into small peices
1 cup chopped onion
1 cup chopped tomato
2 tbsp ginger & garlic paste
2-3 green chilies
2 tsp coriander powder
1 tsp cumin powder
½ tsp garam masala powder
1 cup coconut milk
1 tbsp lemon juice
½ cup chopped coriander leaves
5 tbsp cooking oil

how

Appam Batter:

1 Using a blender, grind the ingredients mentioned above into a smooth batter, the consistency should be thinner than the normal pancake batter.

2 Keep the batter covered in a warm place for 8 hours or overnight. Once the batter has fermented and bubbles appear on the surface, add sugar, baking soda, and salt. Mix the batter well, and the consistency should be a thin, flowy batter but not too watery. Set aside for 10 minutes and then start making appams one by one. Heat a pan and lightly grease with cooking oil using a tissue or a small clean cloth.

3 Pour a ladle full of batter into the pan and rotate the pan so that the batter sticks to the sides of the pan, and the rest of the batter settles down.

4 Cover and cook on medium heat for 30 seconds, then slowly scrape off the edges of the Appam, remove from pan and serve hot. Appam has to be cooked only on one side, so there is no need to flip it over.

Chicken Stew:

5 Heat oil in a saucepan and add chopped onions. Saute till light golden.

6 Add 2 tbsp ginger, garlic paste, and chopped green chilies, fry for a few seconds, add tomatoes, and cook till soft.

7 Now add all spices –2 tsp coriander powder, and 1 tsp cumin powder - and fry for 2 minutes.

8 Add chicken pieces and cook on high heat for 1 minute and stir well till all the chicken pieces are well coated with spices. Add salt and 1 cup water and cook covered till chicken pieces are almost 90% done.

9 Add 1 cup coconut milk, ½ tsp garam masala powder, and 1 tbsp lemon juice. Cook on low flame till chicken is cooked and tender.

10 Finally, add chopped coriander and check the salt and other seasonings. Add more green chilies chopped according to your preference.

11 Serve hot with Appam.





BREAKFAST FOR DINNER: FRIED CHICKEN AND WAFFLES

prep time: 20 mins

cook time: 15 mins

serves: 4-6



Sheldon Catarino

I'm not a big breakfast fan but I do love brunch. I especially enjoy savory brunch options. Fried chicken and waffles is not what you'd make every day (and live long!), but it's something that is perfect for a celebration.

what

Fried Chicken

4 thinly sliced trimmed chicken breasts (pound flat)
2 ½ cups frying oil (choose low smoking oil like corn or peanut)
1 cup cornstarch
1 egg
1 cup buttermilk (divided ⅔ and ⅓)
1 ½ cups white flour
1 tsp old bay seasoning
1 tsp smoked paprika (or regular)
1 tsp baking powder
1 tsp garlic powder
1 tsp chilli pepper
1 tsp salt and pepper (to taste)
1 tsp cayenne pepper

Waffles

1 ¼ cups whole milk
2 cups pancake or bisquick mix
2 tbsp canola oil
1 egg
½ tsp vanilla
½ tsp cinnamon
butter
maple syrup

hot tip

If you don't have a Waffle Iron (or feel like it), you can substitute with store bought waffles.

I prefer the fresh NOT frozen type usually found in the bread section of the grocery store.

how

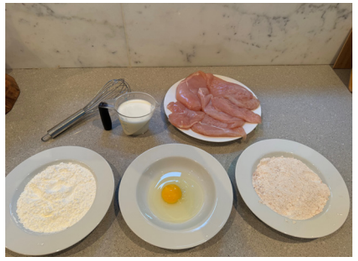
1 You will need to set up 3 separate shallow bowls for the fried chicken prep. The first will have the corn starch. The second will have the egg and ⅔ of the buttermilk whisked together. The third will have flour and all the spices. Drizzle the buttermilk into the third bowl with flour and spices slowly and mix it until it's crumbly consistency. Dredge one chicken piece at a time in the first bowl, then the second bowl and finally in the flour and spices. I like to do one at a time and place them directly into the fryer.

2 Heat a cast iron dutch oven (or cast iron pan if you don't have one) with the frying oil on high heat. The dutch oven reduces the amount of spatter (a little!). When the oil is hot, place one piece of chicken at a time in the oil until golden brown (about 4-5 minutes per side) and flip once. Don't flip them too much, or you will knock off the crunchy crust. Place on a baking rack with plenty of paper towels until you've fried all the chicken.

3 Mix all the waffle ingredients in a large bowl. Lightly grease and heat up the waffle iron. When the waffle iron is hot, pour the batter mixture in and cook until golden brown (about 4 minutes). Remove and cut into 4 even waffles.

4 Place 2 waffles on a plate and place fried chicken on top. Drizzle maple syrup and enjoy!

Mouth watering yet?







CREPES WITH ORANGE MASCARPONE

vegetarian

prep time: 15 mins

cook time: 20 mins

serves: 4



Ulrika Catarino

My family has very different morning routines. While some, perhaps even most, of us love to sleep in on the weekend, I can't wait to get the day started! This Crepe recipe is what I make after I've had my second cup of coffee, and I'm getting bored of waiting for everyone to wake up and come down to join me in the kitchen. It works every time!

what

Crepes

3 eggs

2 ½ cups milk

1 cup flour

½ tsp salt

butter (for frying)

Filling

1 cup mascarpone

1 tbsp orange zest

1 tbsp orange juice

1 tsp powdered sugar

some blueberries

how

Crepe

1 Whisk the eggs with half of the milk.

2 Add the flour and whisk until the batter is smooth.

3 Let the batter rest for 10–15 minutes.

4 Heat a frying pan, add a bit of butter to prevent crepes from sticking, and add a thin layer of batter. Once the surface is set, flip over and fry for an additional minute or two.

Mascarpone with Orange

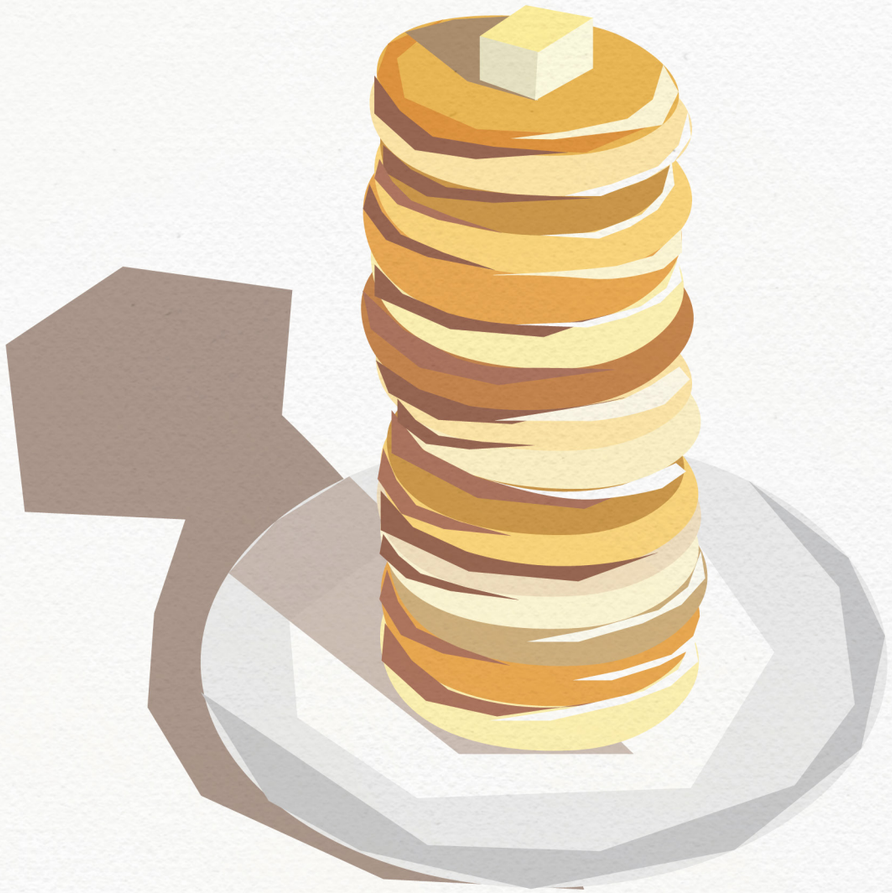
5 Mix ingredients for the filling together in a bowl, keep a bit of the orange zest on the side for decoration.

6 Spread the orange mascarpone evenly on the crepe, garnish with orange zest and top with blueberries. Enjoy!









CLASSICS ELEVATED



FRIED RED TOMATOES

gluten free | vegetarian | prep time: 5 mins | cook time: 10 mins | serves: 3-4



Gretchen Overholtzer

As a kid, I loved the movie Fried Green Tomatoes, which was set in Alabama. In the South, fresh green tomatoes are enjoyed all season long. In fact, they're so popular that local supermarkets import them during the off-season. But in New England, there was a lack of green tomatoes in my life. Northerners tend to eat green tomatoes in late summer, just before the peak of harvest – my mom would occasionally sacrifice a tomato early on for me. Now in Toronto – sans garden and sans regular green tomato access I've worked out a red option. Roma tomatoes are the perfect substitute. They're the right size, firm with very few seeds, making them perfect for frying.

This recipe is very simple, skipping any extra dredging with buttermilk, eggs or flour. The cornmeal on its own sticks well, and you are always likely to have the ingredients around.

what

6-8 fresh, ripe very firm tomatoes
about a cup of cornmeal
salt and pepper to taste
oil for frying

how

1. Heat pan with oil over medium heat.
2. Dump the cornmeal onto a plate, mix in salt and pepper.
3. Slice tomatoes, horizontally, about 1/2 inch thick.
4. Coat each side in the cornmeal mix – transfer to a secondary plate.
5. When you have a pile of tomato slices ready, place them in the hot pan.
6. Wait a few minutes for the coating to set and then flip.
7. Plate and eat hot with your favourite eggs.

hot tip

If you like Everything Bagel Spice – switch in for the salt and pepper









STUFFED CROISSANTS

prep time: 5 mins

cook time: 10-15 mins

serves: 1-2



Jamie D'Arcy

Growing up in a really busy household, me and my brothers were always out of the house with school, sports and other extracurricular activities, so as a family, we never really sat down for meals together because someone always had somewhere to be. The only time we really ever sat down and shared a meal together was birthdays or Christmas, and I remember we used to have this "special breakfast," which was Stuffed Croissants, I think my dad had seen it on TV somewhere! It was just something so simple and delicious it used to really make our day as kids.

What's so perfect about the recipe is you can tailor it to your tastes, there is no one recipe so if you're a sweet or savory person there will be a recipe for you! My personal favorite is bacon, cream cheese and avocado!

what

4 rashers (bacon)

3 sausages

½ avocado

1-2 tsp cream cheese

1-2 tsp chili jam

3-4 croissants (store bought is fine)

how

1 Prepare your fillings (it can be savory like sausage, bacon, egg or sweet with fruit and cream). For ours, we chop some avocado before cooking the fillings.

2 We use the air fryer to cook the bacon and sauages, as well as to heat up the croissants.

3 Fill the croissant! This is where you can get creative and put pretty much whatever you want in. Our standard ones are:

(A) spread a big dollop of cream cheese with bacon and avocado.

(B) spread chili jam on the croissant and pile in sausage, bacon and avocado.

hot tip

Red onion jam with bacon and cream cheese is nothing short of heaven..







DELUXE BREAKFAST SANDWICHES

prep time: 15 mins

cook time: 1 hr

serves: 8



Lisa Tobin

Making biscuits from scratch may not be something you want to do every weekend, but I assure you this recipe is worthy of any special occasion!

For the last two years, my extended family has rented a cottage together to relax for a few days around New Year's Day. The menus are planned in advance, and we arrive with coolers full of prepped food to reduce the work once we get there. I tried these deluxe breakfast sandwiches out on the group the first year and it was such a big hit that I'm now committed to making it every year! We like to leave our fried eggs a little runny which makes the breakfast sandwiches a bit messy, but extra tasty.

what

Cheese Biscuits

2 cups all-purpose flour
1 tbsp granulated sugar
2 ½ tsp baking powder
1 tsp pepper
(no that's not a typo – just try it!)
½ tsp baking soda
½ tsp salt
6 tbsp (3/4 stick) chilled unsalted butter,
cut into ½" cubes
1 ¼ cups grated extra-sharp cheddar cheese
1 cup cold buttermilk
1 egg, beaten
1 tsp 2% milk
sprinkle of 'Everything Bagel' seasoning

Fillings

fried eggs
prosciutto (or other
thinly sliced salami)
cheddar slices

how

Making the Cheese Biscuits:

1 Preheat oven to 400°F. Combine the first 6 ingredients in a food processor and blend. Add butter and pulse until a fine meal forms. Transfer to a large bowl and mix in grated cheddar cheese.

2 Mix enough buttermilk into the flour mixture to bind the dough. Turn out onto the floured surface and knead until combined, about 10 turns.

3 Pat out dough to ¾" thickness. Using a 3" diameter cookie cutter, cut out biscuits. Gather scraps, pat out to ¾" thickness and cut additional biscuits. When cutting, don't twist the cutter, which will hinder the biscuit's ability to rise.

4 Transfer biscuits to ungreased cookie sheet. Brush with egg wash (mix beaten egg with milk). Sprinkle with Everything Bagel seasoning. Bake until golden brown and firm to touch, about 18 minutes.

5 Once fully cooled, biscuits can be frozen at this point to be used at a later date. If using right away, let cool for 10 minutes before filling with prosciutto, cheese and fried eggs.

Assembling Breakfast Sandwiches:

6 If frozen, defrost biscuits overnight on the counter.

7 Slice open biscuits, place open on a baking sheet and layer with prosciutto and cheese. Leaving the sandwiches open, place the tray in the oven at 200°F to warm while preparing the eggs.

8 Fry eggs to your preferred doneness and add them to each open sandwich in the oven.

9 When all the eggs are complete, remove the baking sheet from the oven, close the deluxe breakfast sandwiches and serve!



ASPARAGUS, PECORINO AND EGG QUICHE

vegetarian | prep time: 40 mins | cook time: 35-40 mins | serves: 8-10



Luët Buys

Not your average run-of-the-mill asparagus quiche.

This decadent 'Creamy Asparagus Tart' (as it is named in my grandmother's recipe book) is a favourite for both those preparing-for, as well as those enjoying big family brunches. It can be made beforehand, keeps well in the fridge, feeds a crowd easily, and is delicious!

The recipe is very flexible (each matriarch has altered it with their own flare). I've seen it made with all manner of vegetable and cheese combinations. My personal recommendation is to stick with classic asparagus and break with tradition by using pecorino cheese as it has a slightly tangy, almost spicy taste.

what

Crust (Ratio 1:1:1)

1 ½ cups flour

1 ½ cups butter (grated)

1 ½ cups cheddar cheese (grated)

Filling

1 bundle asparagus (trimmed)

2 tbsp butter

2 tbsp flour

400ml cream or milk

100ml milk

2 cups pecorino cheese (grated)

8 eggs (large)

how

Crust

1 Lightly butter or oil the tart dish (26x5.5cm) and heat the oven to 350°F.

2 Put the flour into a bowl, add butter to the flour and rub with your fingertips until it resembles breadcrumbs. Add the grated cheddar cheese, and incoporate it in the same way.

3 Press the crust mixture into your prepared dish until it is evenly dispersed across the bottom and at least ¾ up the sides. Refrigerate while you prepare the filling.

Filing

4 Grate pecorino cheese, set some aside to sprinkle over the top before baking. Bring a pot of salted water to the boil.

5 While the water heats up, wash and trim the asparagus, cut into spears, about 1½".

6 Fill a bowl with cold water and ice and set aside.

7 Cook asparagus in the boiling water until tender, not soft, about 2 minutes. Transfer into the cold water, once cool, remove and pat dry.

hot tip

Add Smoked Trout or Salmon.





To start the roux base

8 Melt butter in a saucepan, add the flour and whisk until combined and cooked, 3-5 minutes. Slowly add cream/milk to the mixture, making sure to whisk continuously to stop lumps forming.

9 Once all the cream/milk has been incorporated into the roux, add cheese and stir until melted. Remove from the heat to cool.

10 Crack eggs into a bowl and whisk them together.

11 Slowly pour the roux into the egg mixture. Whisk continuously to combine.

12 Remove the pie dish and crust from the fridge. Throw the blanched and dried asparagus pieces in. Pour the roux/egg mixture into the crust.

13 Sprinkle the remaining cheese over the top, and place the dish into the oven to bake for 35-40 minutes.



ŚNIADANIE MISTRZÓW DLA TATY: DAD'S BREAKFAST OF CHAMPIONS

prep time: 5 mins

cook time: 5 mins

serves: 1



Mark Wronski

As a young lad, I was amazed at my father's choice for breakfast when he was on his own. I was a kid with a fine appetite, and food with a distinct flavor and aroma was right up my alley.

Our dad put the 'continent' in continental. I don't mean the dart he had smouldering there at the table. But it helped. It was always a mixture of salty-savory, ie. cured pork and sweet leavened by carbs with a hard-boiled egg. A Polish classic. It's the savory side where he revelled in the variety available even in sleepy Willowdale of the 60s.

I learned to really enjoy this dish in my teens, especially when we took it on the road to x-country ski early Saturday AM.

Here it is

- Greußener salami (German pork seasoned and pepper grains throughout), Westphalia ham, Liverwurst or Teewurst)
- Rye bread buttered
- Side of jam: cherry or marmalade
- Hard boiled egg
- Coffee with milk

The 'wursts were a bridge too far for me, but a bite of that salami on rye with spritz of confiture followed by a sip of java – telling you: it's good.

I've riffed on his recipe and still have this on a Sunday...

- Morning glass of elderberry cordial, cucumber and sparkling water to start
- Smoked pork loin or jambon de Paris with some Cantanaar
- Sourdough (Blackbird), toasted with butter
- Cherry, raspberry or thick-cut marmalade
- Poached or soft-boiled egg
- Coffee







LEMON POPPY SEED PANCAKES

vegetarian | prep time: 25 mins | cook time: 10 mins | serves: 1



Pardis Borghei

A minor yet tragic inconvenience in my life is that in recent years I have developed an intolerance to eggs and avocados. This has made breakfast and brunch a challenging food group, so if a medical practitioner or a kind witch is reading this please know that I am willing to pay good money to get this condition reversed.

Ricotta pancake recipes usually require a healthy serving of eggs to perfectly bind the batter and give a desirable fluffy custardy texture. On my quest to recreate a favourite weekend indulgence, I tried different substitutions as binding agents like flax "eggs" and overnight chia-milk mixture, but in the end, those didn't make a huge difference. Simple techniques like not overmixing and practicing patience to let the batter rest for some time have proven to be the key to great pancakes. I am sure there are some life lessons here to learn.

what

1 ½ cups all-purpose flour
2 tsp baking powder
1 tsp baking soda
1 tsp salt
1 tbsp poppy seeds
3 tbsp melted butter
(plus more for the pan)
2 tbsp lemon zest
3 tbsp lemon juice
2 tbsp sugar
½ cup ricotta or mascarpone
¾ cup milk

how

1. Pinch together the lemon zest and sugar and let them sit for at least 10 minutes, so the sugar draws out the fragrant citrus oils.
2. In a large bowl mix ricotta and milk until there are no lumps. Add the poppy seeds, sugar zest mixture, lemon juice, and melted butter. Once everything is evenly combined and the batter looks smooth.
3. Whisk together all the dry ingredients (flour, baking powder, baking soda, and salt) in a separate bowl and add to the batter.
4. Avoid overmixing and let the batter stand for 10 minutes. This is a key step to ensure maximum fluffiness.
5. Heat a non-stick pan with butter or oil. Transfer about ⅓ cup of batter and flip the pancake once bubbles are formed around the edges.
6. Once both sides are cooked golden brown, serve hot and top with a slice of butter and drizzle of honey. Garnish with an extra sprinkle of poppy seeds and lemon peels.







KEDGEREE

gluten free

prep time:
10 mins

cook time:
30 mins

serves:
4



Patsy Poulin

Considered a ridiculous hobby by many, I collect recipes. I cut them out, and file them by primary ingredient. Considering breakfast as a case in point, smoked fish and a breakfast of kedgeree is much loved in Britain thanks to the British Empire and days of the Raj and Queen Victoria. Nothing redeeming about colonialism other than Britain's food culture benefitted immensely. This popular breakfast dish, sometimes eaten as a dinner, has five versions in my files. We often had it for supper – my Mum's version was even better than this.

I'm not a big fan of Gordon Ramsey (other than mutual Scottish heritage) but he is a pretty good chef. His recipe is at the top of the collection. Smoked haddock, easy to buy in Scotland (even in England), is hard to find in Ontario but a good quality smoked trout or hot smoked salmon substitutes well. Or frozen smoked haddock from Metro.

what

2 bay leaves

700g undyed smoke haddock fillets

10g butter or ghee

1 clove garlic (finely chopped)

Thumb size root ginger (peeled and grated)

2 tabs curry powder

1 lemon

100g natural yogurt

2 handfuls coriander (leaves chopped)

1 red chilli
(seeded and chopped, or use dried chilli flakes)

4 soft boiled eggs (5 mins)

1 cup rice

how

1 If using fresh fish, bring 750ml water and bay leaves to a simmer in a fry pan, add fish and simmer 5 minutes or until fish flakes. Reserve cooking liquid. If using frozen smoked haddock, cooking per instructions also provides liquid so save that.

2 In a separate pan, melt butter, add garlic and onion and gently fry. Add ginger, curry powder, mustard seeds, peas and tomatoes if using. Cook for a further 3 minutes.

3 Add rice, stir together to coat in butter, gradually add lemon juice and fish liquid if you have it. Or add water if no stock. Takes about 20mins to cook rice.

4 Flake fish and add to rice mix along with yogurt (or serve yogurt on side).

5 Divide between plates and top with coriander and chili, add halved or quartered eggs to serve.

hot tip

If not using fresh smoked haddock, skip to step 2. Also recommend adding some salt to rice, if not using fish stock.













EFFORTLESS DELIGHTS



BREAKFAST OR DINNER: HOT BAGUETTE SANDWICH

prep time: 15 mins

cook time: 10-12 mins

serves: depends



Dan Voicu

As a teenager, I often came home from school, stomach growling and my mom was still at work. Driven by hunger, I would raid the fridge for something to tide me over until dinner. One afternoon, I decided to whip up a quick breakfast-for-dinner. I grabbed leftover veggies, a few pantry staples, and began to experiment, tossing in a bit of this and a dash of that. What started as a simple scramble soon transformed into a surprisingly delicious dish. That first bite was a revelation—comforting and packed with flavor.

Over the years, this improvised recipe became a favorite in the kitchen, whether it was morning or evening. Now, as an adult, I still return to it, adding my own twists each time. It's more than just a meal; it's a flavorful connection to my past, turning everyday ingredients into something special and satisfying, no matter the hour.

what

1 french baguette (cut in slices)

30g butter

150g any kind of ham

(I prefer Italian prociutto cotto lioncini)

½ small sweet onion (sliced)

½ green/red peper (sliced)

30g ketchup

1g grounded pepper

how

1. Have a stove cooking pan with a non-stick parchment paper ready.
2. Cut the baguette in ⅜ inch thick slices and spread butter on top.
3. Cut the ham into small pieces and spread it on all bread slices.
4. Evenly spread ketchup on bread slices.
5. Add sweet onion and green/red pepper on top.
6. Add shreded Mozzarella or Swiss cheese.
7. Garnish with peper falkes (if want a little bit spicy flavor).
8. Put in oven at 385°F for 10 minutes until the cheese melts.
9. Take them out of the oven and they are ready to eat!









TUNA SUNRISE BURGER

prep time: 10 mins

cook time: 5 mins

serves: 1



Greg Haist

Growing up, I often skipped breakfast, thinking it wasn't important. One day, feeling adventurous, I decided to throw together a "Breakfast of Champions" using canned tuna, a fried egg, and whatever veggies I had. This simple yet satisfying sandwich quickly became my go-to breakfast. It reminded me of those lazy weekends spent experimenting in the kitchen, where cooking felt like a fun adventure rather than a chore. Now, whenever I whip it up, I'm transported back to those carefree mornings. It's not just a meal; it's a hearty way to start my day with intention and a dash of flair, grounding me in the present while celebrating the joy of good food.

what

2 pieces of burger buns

1 can of tuna (drained)

1 egg

Slices of ham (optional, adjust to taste)

1 small cucumber (sliced)

1 tomato (sliced)

A handful of arugula

mustard sauce (to taste)

mayonnaise (to taste)

butter

how

1 Prepare the Tuna Mix: In a bowl, combine the drained tuna with mayonnaise to taste. Mix well and set aside.

2 Fry the Egg: In a non-stick skillet, fry the egg to your desired doneness (sunny-side up or over-easy works great).

3 Toast the Bun: Lightly toast the burger buns with butter until golden brown.

4 Assemble the Burger: On one toasted bun, spread a generous layer of the tuna mixture. Top it with slices of cucumber for a refreshing crunch.

5 On the other bun, layer a handful of arugula, followed by ham (if using), tomato slices, and a drizzle of mustard sauce.

6 Carefully place the fried egg in the center, then bring the two halves together.

7 Serve: Cut in half if desired and enjoy your healthy breakfast burger!



TURMERIC FRIED RICE

gluten free | vegetarian | prep time: 20 mins | cook time: 10 mins | serves: 1-2



Kendra Spanton

On weekends when I'm headed out for a long bike ride or especially on race day, a simple fried rice is my go-to breakfast. It offers easy-to-digest carbs, protein from the eggs and anti-inflammatory benefits of turmeric! Though I can't take full credit – a cycling friend with a passion for nutrition turned me on to the benefits of this pre-ride meal. White rice as ride fuel is also popular amongst the pro-cycling teams – they often have rice cookers right on the tour bus ready to feed their cyclists.

what

1 ½ cups white rice – leftover is best

2 eggs

¼-½ tsp turmeric (to your liking)

olive oil/butter or whatever you prefer

salt

pepper

avocado slices (optional)

sweet soy sauce

how

1. Heat a non-stick frying pan.
2. Warm the leftover rice in a dry pan. Push to the side of the pan.
3. Warm your oil/butter until melted.
4. Add the turmeric and mix into the oil/butter.
5. Mix with rice until coated and nicely yellow.
6. Move to plate.
7. Crack eggs and scramble, when cooked, return your rice to the pan.
8. Mix it all together.
9. Plate and top with avocado.
10. Serve with sweet soy sauce on the side for extra flavour.





hot tip

Can be great with diced up left over veggies added to the fried rice.



VANCOUVER SPECIAL: CEREAL & SMOOTHIE

vegetarian | prep time: 5 mins | cook time: 0 min | serves: 1



Murray Daly

A delicious, fast, & protein-packed meal to keep you going all morning. I have a version of this every morning, mixing up each of the ingredients to keep it interesting. You can switch the fruit combinations, types of granolas, nut butters, milk, and toppings of various nuts or seeds (e.g. chia seeds work nicely here too). It's a meal I developed from my time living in Vancouver where this kind of fast, healthy breakfast is common. I usually make this for my girlfriend and myself each morning which I always I look forward to and is a staple of my morning routine.

what

Cereal

1 cup cereal flakes
1 mango (cubed)
1 tbsp peanut butter
½ cup granola
handful blueberries
handful hazelnuts (roughly chopped)
1 cup almond milk

Smoothie

1 cup almond milk
1 scoop vanilla whey protein powder
1 banana
2 ice cubes

how

Cereal

1. Pour cereal flakes into a bowl.
2. Cut up a mango and add to the bowl.
3. Add 1 scoop of peanut butter.
4. Add ½ cup of granola.
5. Add a handful of blueberries.
6. Add a small handful of roughly chopped hazelnuts.
7. Pour almond milk to desired level.

Smoothie

1. In a blender combine and blend:
   1 cup of almond milk
   1 scoop of vanilla whey protein
   1 banana
   2 ice cubes
2. Pour into glasses.









BACON & EGGS

prep time: 5 mins

cook time: 20 mins

serves: 1



Saman Deilamani

It is the perfect breakfast to be enjoyed with friends and family before getting on the road to go camping or getting together to watch a World Cup game early in the morning. It works for an active day and permits a lazy Sunday. It goes well with tea, coffee, or fruit juice. I like to add to jam or honey on buttered toast to complete this perfect breakfast.

what

2 eggs

4 bacon slices

2-3 bread slices (Rye)

salt and pepper to taste

paprika

butter (about 2 tbsp)

jam

fresh fruit

how

1 Cook the Bacon: Pre-heat the oven to 350°F. Line an oven-safe tray with aluminum foil and place the bacon strips on the tray, ensuring that strips are not touching. This way the bacon cooks in the rendered fat that will result in fuller flavour and becoming crispy without getting dry or burnt. You can flip the strips once to make sure they have an even glaze. Once done, remove from the tray and place between two layers of paper towel to blot the excess oil.

2 Fry the Eggs: After about 10 minutes, melt the butter over medium heat and cook eggs to your liking (sunny side up for me). Sprinkle a pinch of paprika on the yolks for added flavour and visual effect. Salt and pepper to taste.

3 Prepare the Toast: While the eggs are cooking, warm up bread slices. Then, spread butter and toast them to your liking in the oven or in a separate pan or toaster oven.

4 Assemble the Dish: Arrange the crispy bacon, fried eggs and bread slices. Serve with coffee and a side of fresh fruits for a complete breakfast.

5 Finale: Save one of the toasts to be enjoyed with jam and final sips of coffee.







BUSY GIRL BRUNCH

gluten free | vegetarian | prep time: 5 mins | cook time: 10 mins | serves: 1



Tina S. Pari

Busy Girl Brunch is the meal I prepare when I know I'm about to embark on a day that is totally full of running errands, and while I understand that some days are meant to be more low-key, I still want to feel a little fancy! I believe any meal you eat should be good(looking) to the eyes, good to the body and good to the soul and this recipe certainly satisfies that.

what

1 (or more!) eggs
1 cup small potatoes, halved
1 cup arugula
½ cup cherry tomatoes, halved
cheese of your choice as desired
(fresh mozarella or feta work well)
2 tbsp oil for cooking
1 tsp good Italian seasoning
a pinch garlic powder
a pinch salt/pepper
¾ cup balsamic vinegar, reduced

how

1. The first thing I do, which sets the clock for the rest of the meal, is I place the halved potatoes in the tray of my air frier, add 1 tbsp oil, and season with garlic powder, Italian seasoning, and salt/pepper.
2. Cook potatoes in air fryer for 10 minutes.
3. While potatoes are cooking, start cooking the eggs. Add some oil to the pan, crack open the egg(s) and allow the eggs to get golden crispy at the bottom.
4. While the eggs are cooking, you can also start creating a balsamic glaze. In a small pan or pot of your choice, pour in the balsamic vinegar and set heat to high. You're going to bring this to a boil, just until the consistency becomes slightly thick. I actually know the glaze is ready from the sound. A slower series of bubbles popping lets me know it's ready. This can burn quickly, be forewarned.
5. Plate the eggs and sprinkle some Italian seasoning and salt/pepper on them. The potatoes should now also be ready to plate.
6. Plate the arugula, add the tomatoes and cheese and drizzle the balsamic glaze over the salad.
7. Enjoy!

hot tip

I make my eggs over easy and have found that the absolute best way to achieve this is to set the stove to low after achieving optimal goldenness at the bottom of the egg, and I place a pot lid over the pan. The steam cooks the top layer of the egg perfectly. Careful not to leave it too long though!





POTATO CHEESE PANCAKE

vegetarian | prep time: 15 mins | cook time: 4 mins | serves: 2



Vicki Zeng

The combination of crispy potatoes and gooey cheese is simply irresistible.

What makes this recipe special to me is its versatility and comfort. It's the perfect dish to start off a busy day or to enjoy on a lazy morning. Plus, it brings back fond memories of laughter and shared moments in the kitchen.

My family loves it, especially my kids who enjoy the pancakes with their crispy potatoes and smooth, melted cheese. One morning, we decided to add a twist by incorporating bacon bits, and it turned out to be a delightful surprise! Now, every time I make these pancakes, I'm reminded of that fun-filled day and the joy of creating something delicious with loved ones.

what

4 potatoes, peeled and grated
3 cups shredded mozzarella and cheddar cheese
3 tbsp all-purpose flour
salt and pepper to taste
vegetable oil for frying

how

1 Prepare the Potatoes: Place the grated potatoes in a clean kitchen towel and squeeze out as much moisture as possible.

2 Mix Ingredients: In a large bowl, combine the grated potatoes, shredded cheese, chopped onion, egg, flour, salt, and pepper. Mix until well combined.

3 Form Pancakes: Heat a few tablespoons of vegetable oil in a large skillet over medium heat. Scoop about 1/4 cup of the potato mixture into the skillet and flatten slightly to form a pancake.

4 Cook: Fry the pancakes for about 3-4 minutes on each side, or until golden brown and crispy.

5 Serve: Transfer the pancakes to a paper towel-lined plate to drain any excess oil. Serve hot with your favorite dipping sauce or sour cream.









MEAT TORTILLA PANCAKE

prep time: 5 mins

cook time: 5 mins

serves: 1



Xiaotian Wang

In China, breakfast is typically enjoyed at local morning markets rather than cooked at home. As a child, my family would wake me at 6 a.m. for a quick five-minute walk to buy breakfast. I dreaded those early mornings, often leaving grumpy. But once I arrived at the market, the delightful aromas and vibrant choices would lift my spirits, and I'd inevitably buy more than I planned.

Now that I live alone and miss my hometown's breakfast culture, I've had to start cooking for myself. In my search for easy and delicious recipes, I learned a quick dish from a friend. It takes less than ten minutes to prepare and pairs perfectly with a variety of sides, reminding me of those lively market mornings.

what

1 tortilla wrap

1 raw beef patty

little oil

a pinch of white sesame

how

1. Spread the beef patty evenly on the tortilla wrap.
2. Heat the pan with a little oil.
3. Pan-fry both sides until meat turns brown and the tortilla turns crispy.
4. Garnish with a pinch of white sesame on the top.
5. Serve immediately with a side of your choice, I like to enjoy it with my homemade roasted milk tea.

hot tip

No need to add extra spices since the beef patty is already flavorful, but feel free to add extra ingredients like cheese and vegetables to boost nutrition and enrich the flavors.



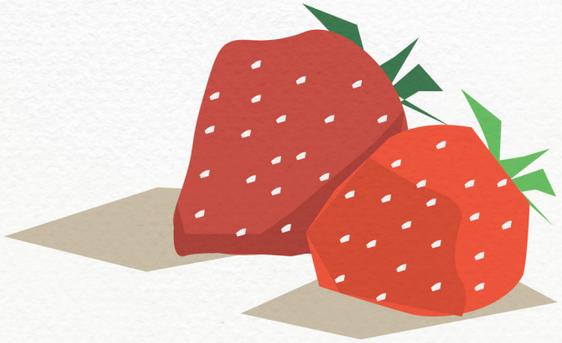






SWEET INDULGENCE





HEAVEN CAN WAIT

vegetarian | prep time: 10 mins | cook time: 10 mins | serves: 6



Amanda Fics

The best meals are always those shared with good company, and I happened across this gem at a group brunch where indulgence was both welcomed and necessary. This perfectly sweet and savory breakfast beast inspired laughter and encouraged second helpings. It's the ideal Sunday dish for catching up with friends and an excellent complement to a setting that makes you feel there's no other place you'd rather be.

what

15 slices whole grain bread
6 eggs
1 tbsp avocado oil
4 tbls oat milk
1 pkg plain cream cheese
2 tbsp shredded coconut
1 tsp cinnamon (plus extra for sprinkeling)
1 bunch fresh mint
2-3 bananas (sliced)
raspberries
black berries
goldenbarries
maple syrup

how

Cooking

1 Whisk together eggs, oat milk and cinnamon.

2 Warm avocado oil to low-medium heat in frying pan or griddle.

3 Submerge 1 slice of whole grain bread in the whisked egg mixture, ensuring full coverage, and transfer to frying pan/griddle.

4 Cook until bread is golden brown on both sides.

5 Repeat items 3 & 4 until all slices of bread are complete.

Stacking

6 Spread cream cheese on one slice of French Toast, layer with banana slices, sprinkle with cinnamon and top with maple syrup.

7 Spread cream cheese on another slice of French Toast, layer with banana slices, blackberries, raspberries and mint leaves, sprinkle with cinnamon and shredded coconut and top with maple syrup. Stack over the bottom layer from step 6.

8 Place another piece of French Toast over the previously stacked layer and top with blackberries, raspberries, goldenberries, banana slices and mint leaves. Sprinkle with cinnamon and coconut and top with a healthy portion of maple syrup.

9 Slice the stack in half, share & enjoy.

hot tip

To keep French Toast warm while cooking all 15 pieces, warm oven to 150˚F and transfer cooked sliced to oven.





BREAKFAST OR DESSERT: HALVA WITH ROSEWATER AND SAFFRON

vegetarian

prep time: 5 mins

cook time: 40 mins

serves: depends



Ava Pouralborz

I decided to explore my mom's cookbook, this time looking for breakfast ideas. As I flipped through the pages, I stumbled upon a recipe cut out from an old newspaper, tucked between handwritten notes and family recipes. I don't know the exact year or newspaper it's from, but I believe it dates back over thirty years. Seeing it made me realize how my mom's cookbook has become a reflection of both the past and the present. It's a testament to how recipes, like memories, are passed down and reshaped over time. I thought I would share it here; the recipe is for halva with rosewater and saffron, with my own twist of adding coconut milk powder as a substitute for regular powdered milk.

what

1 cup all purpose flour

1 cup coconut milk powder

½ cup oil

1 cup sugar

1 cup boiled water

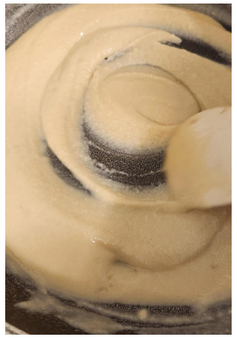
¼ tsp ground saffron

½ cup rosewater

how

1. In a pot, mix sugar, rosewater, and ground saffron into boiled water. To ensure a smooth mixture, do this over low heat.
2. In a separate pan, heat oil over low to medium heat.
3. Add flour and coconut milk powder in the pan, stirring constantly for about 15-20 minutes until the mixture thickens and slightly changes color, but be careful not to let it burn.
4. Gradually pour the pot mixture into the pan, stirring constantly for about 10-15 minutes until the halva begins to thicken and stick together.
5. Garnish with pistachios or almonds if desired.
6. Serve with naan alongside milk, tea, or coffee.









JELLY DOUGHNUT FOCACCIA

vegetarian | prep time: 12 hrs | cook time: 15 mins | serves: 10



Emily Pyatt

I love to bake for people that I care about, it's always been a way to be both giving and creative at the same time. I adapted this recipe from Bon Appetit and some inspiration on social media for a friend's birthday this year. Having friends with dietary restrictions (and having them myself), it can be hard to find food that everyone can enjoy straight off the shelf - this recipe was a way to provide a fun comfort food with all the non-essential ingredients removed. I like to serve it with some fresh fruit and a hot mug of tea, it's surprisingly easy, and feels more heartfelt than picking up a box of doughnuts from the store!

what

2 ½ cups bread flour
1 ½ tsp instant yeast (about half a packet)
1 ½ tsp honey (or sugar)
1 ¼ cups warm water
2 tsp kosher salt
3 tbsp canola oil
¼ cup fruit jam of your choice
⅓ cup powdered sugar
1 ½ tsp milk
½ tsp vanilla extract

how

Bread Base

1 Add yeast, honey and warm water to a bowl and whisk - if your yeast doesn't foam, you'll need to start over with new yeast.

2 Add flour and salt, mix with a wooden spoon until dough resembles a shaggy ball.

3 Pour 2 tbsp of canola oil into a large bowl, turn the dough over a few times to coat in oil and cover the bowl with plastic wrap. Let rise overnight in the fridge (If you're pressed for time, the dough can rise for 3-4 hours at room temp instead).

4 Grease a 6x10 inch baking dish (or two small loaf pans) generously, then add an additional ½ tbsp of canola oil.

5 Use two forks to grab the edge of your dough and fold it towards the middle of the bowl (this is to deflate some of the air that's built up overnight), turn 90 degrees and repeat 3 times.

hot tip

This recipe can be made with all-purpose flour, but it will turn out more dense and less fluffy.

Can be served warm, as a breakfast or a dessert.







6 Transfer dough to greased baking dish and turn to coat in oil. Let rise uncovered in a warm space for 1 ½ to 4 hours. You'll know it's ready when it fills the pan and springs back slightly when poked.

7 Use your fingers to punch down the dough (think of playing piano!).

8 Bake at 450F for approx 15 mins, bread will pull away from pan slightly and be golden brown on top. Let the bread cool in the pan

Filling + Glaze

1 When bread is cool to the touch, poke holes with the end of a wooden spoon - don't poke hard enough to break through the other side, but just enough to create pockets (try to create holes at different angles).

2 Using a piping bag (or a ziplock bag with the corner cut off) pipe jam into the pockets you've created.

3 Stir powdered sugar, milk and vanilla together in a small bowl until they reach a glaze consistency (you may need to add more milk as needed) - optionally, you can add lemon zest to taste.

4 Drizzle glaze over the loaf and let dry to the touch before cutting.

5 Enjoy!



GRANOLA ENERGY BARS

gluten free | vegetarian | prep time: 40 mins | cook time: 10 mins | serves: 24 bars



Jeffery Hanning

I still remember those early mornings from my days as a competitive lightweight rower. The sun barely peeked over the horizon as I hit the water, feeling the cool breeze against my skin. Fueling up for those grueling practices was essential, and my homemade granola bars with a glass of milk became a staple.

These bars were more than just a snack; they were my go-to for surviving those long sessions on the water. Each bite brings back memories of the discipline, moving a boat fast and efficiently. They still fuel my activities as I start my day.

what

440g pitted, medjool dates
168g maple syrup
128g crunchy peanut butter
224g almonds
(loosely chopped and roasted)
260g rolled oats (gluten free)
4 tsp vanilla extract
2 tsp coconut oil
2 tbsp cinnamon
2 tsp cardamon
1 tsp nutmeg
pinch of salt
1 cup mixed dried fruit
(mango, coconut, pineapple,
banana chips, strawberries)
¾ cup chocolate chips (optional)

how

1 Preheat your oven to 350°F. Line a 8x16 inch baking dish with parchment paper.

2 Spread the oats evenly in a shallow pan and bake for 20 minutes, stirring occasionally until golden brown. Repeat for almonds, stirring as they darken and remove before you think they are ready.

3 Process dates in a food processor (approximately 1 minute) until doughy or fine chop by hand. Warm the maple syrup and peanut butter in a small sauce pan over low heat.

4 In a large bowl, mix together the oats, almonds, and date mixture (with your hands as it works best and feels great)! Stir in the maple sugar/peanut butter mix.

5 Chop the dried fruit ingredients individually, best to control size of the bits! (product placement – I love my Kitchen Aid – "Architect" for pulse mode chopping!)

6 Mix the maple syrup and peanut butter in a saucepan, stirring over low heat until smooth.

7 Pour the wet mixture over the dry ingredients, add the vanilla and spices until everything is well combined. Fold in the chocolate chips for a touch of sweetness. Press firmly into the baking dish,

8 rolling with a flat drinking glass smeared with coconut oil to pack them down to hold together.

9 Cover and cool in the pan for at least 20 minutes before lifting them out using the parchment paper.

10 Slice into bars and enjoy!







CORNETTO CON CREMA

vegetarian | prep time: 6 hrs | cook time: 15 mins | serves: 8-10



John Williamson

I'm not a morning person, so I usually wake up as late as possible and skip breakfast entirely. But when I lived in Italy I found that I could sleep in, eat a leisurely breakfast, and still arrive early anywhere I was going. So each morning I went to my local café for a cornetto con crema with cappuccino. It's similar to a croissant, but less delicate and filled with cream or jam. Making these can take a whole day and you'd be better off going to a bakery, but I like to try once per year for the sake of nostalgia.

what

pastry

1 packet yeast
1 cup warm milk
¼ cup sugar
5 cups flour
1½ tbsp lemon zest
2 tbsp melted butter
½ cup milk
2 eggs
1 cup cold butter
½ tsp salt

cream

½ cup sugar
3 egg yolks
2 tbsp lemon zest
2 cups milk
2 tbsp butter

how

Pastry

1 Mix yeast with warm milk and a spoon of sugar. Let rest for at least 15 minutes, until bubbles are forming.

2 Mix flour with sugar, lemon zest, melted butter, milk and eggs until combined. Knead by hand for about 10 minutes until smooth and solid. Let rest in a covered oiled bowl at room temperature for 1 hour.

3 Place cold butter between sheets of parchment paper and roll out until its about 1mm thick. Let rest in fridge for minimum 1 hour.

4 Roll out the dough to about double the size of the butter, then place the butter on top. Fold the dough over top of the butter to fully enclose it. Let rest in the fridge for 15-30 minutes.

5 Fold the dough over itself and roll it out back to the same size. Repeat this step approximately 5 times, stopping to refrigerate if it starts to get warm. When finished, refrigerate for at least 1 hour.

6 Cut the dough into long triangles (this recipe should yield 8-10). Pull the ends a little bit, then roll, starting from the base of the triangle towards the tip, to make the cornetto shape. Brush these with a beaten egg, then cover these with a towel and let rest at room temperature for about 1 hour.

7 Once the cornetti have risen, brush them again with the egg wash.

8 Bake at 350°F for 15 minutes, or until browned and cooked inside. Let cool on a wire rack.

Cream

9 Heat milk and lemon zest in a small heavy saucepan.

10 Remove from heat once milk steams, and allow lemon to infuse for about 10 minutes.

11 Add sugar and egg yolks to the cooled milk, and return to a low heat.

12 Whisk the mixture constantly for about 10 minutes on low heat until the mixture thickens.

13 Once thick, remove from heat, add butter and mix until incorporated.

14 Allow to cool for 10-15 minutes, then pipe into the cornetti.

15 Enjoy!









BA(NANA) CAKE

vegetarian | prep time: 150 mins | cook time: 50-60 mins | serves: 20



Kate de Graaf

This recipe is a twist on your traditional banana bread with chocolate chips and a brown sugar and cinnamon crust. The original recipe was written out by my Nana B, who would meet with her friends and trade around recipes. She started making it for her family, then passed it down to my mother who would make it for my sister and me. Now I make this recipe for myself and friends, even those who don't like banana bread have loved it! This cake is a dessert recipe that can be enjoyed for a sweet start to your day. The original recipe is made with butter and sour cream, but these ingredients can be swapped out for dairy-free/lactose-free options and be just as good.

Nana B's recipe notes: "We love this cake, but I do mention to you that by the time the center is done, the outer edges are a bit over done – so sadly I have to trim them off and eat them myself with milk."

what

1 cup softened buttter or margerine
2 cups sugar
2 eggs
4 (1 ½ cups) ripe mashed bananas
3 cups all purpose flour
2 tsp baking powder
2 tsp baking soda
1 cup sour cream or plain greek yogurt
1 tsp vanilla
Vegetable oil, butter or shortening

Topping

6oz chocolate chips
1/3 cup brown sugar
1 tsp cinnamon

how

1 I like to use frozen bananas, so on the morning of or night before baking this cake, take out 4 bananas and once thawed they should be gooey and easy to mix in.

2 In one bowl, combine butter, sugar, eggs, and bananas and mix well.

3 In a second bowl, combine flour, baking powder and baking soda.

4 Then add the flour mix to the butter mixture, alternating with sour cream (I prefer plain Greek yogurt), beginning and ending with dry ingredients.

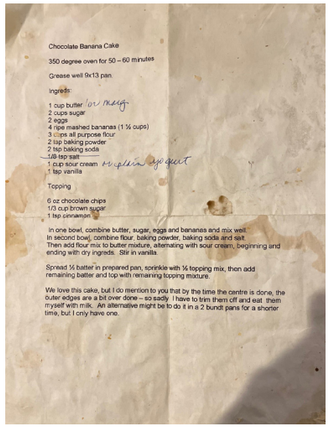
5 Stir in vanilla.

6 In a small bowl on the side, combine brown sugar, cinnamon, and chocolate chips (I prefer semi-sweet) for the topping.

7 Spread ½ of the batter in a well-greased pan or muffin tin (I use a 9x13 inch glass dish greased with canola oil), sprinkle ½ of the topping mix, then add the remaining batter and top with the remaining topping mixture.

8 Bake uncovered at 350˚F for 50-60 minutes or until a toothpick comes out clean 2 inches from the edge of the pan.

9 Serve hot or cold and enjoy :)


Chocolate Banana Cake

350 degree oven for 50 – 60 minutes

Grease well 9x13 pan.

Ingredients

1 cup butter (or marg)
2 cups sugar
2 eggs
4 ripe mashed bananas (1 ½ cups)
3 cups all purpose flour
2 tsp baking powder
2 tsp baking soda
1/8 tsp salt
1 cup sour cream or plain greek yogurt
1 tsp vanilla

Topping

6 oz chocolate chips
1/3 cup brown sugar
1 tsp cinnamon

In one bowl, combine butter, sugar, eggs and bananas and mix well.
In second bowl, combine flour, baking powder, baking soda and salt.
Then add flour mix to butter mixture, alternating with sour cream, beginning and ending with dry ingredients. Stir in vanilla.

Spread ½ batter in prepared pan, sprinkle with ½ topping mix, then add remaining batter and top with remaining topping mixture.

We love this cake, but I do mention to you that by the time the centre is done, the outer edges are a bit over done – so sadly I have to trim them off and eat them myself with milk. An alternative might be to do it in a 2 bundt pans for a shorter time, but I only have one.







BURN AFTER EATING: STRAWBERRY POPTARTS

radioactive

prep time: 0

cook time: 30 secs

serves: 1



Paul Szaszkiewicz

Because anything processed and enriched with sugar was verboten in our house growing up. No Captain Crunch, no Count Chocula, no Frosted Flakes. I was told Strawberry Poptarts, like Love Boat and Charlie's Angels, were the work of the Devil and longing for them, never mind actually consuming them, was a cardinal sin.

Well, now that I am a grown up and can do what I want, Strawberry Poptarts are the centrepiece to my breakfast of champions every day! At least once a week. Every few years. When I travel. Alone. And nobody is around to see.

what

poptarts

toaster

how

1 Open package.

2 Pop into toaster.

3 Plate.

4 Enjoy!









Abe Galway



Amanda Fics



Aseel Sadat



Ava Pouralborz



Dan Voicu



Emily Pyatt



Greg Haist



Gretchen Overholtzer



Ila D'Cruz



Ioana Andrei



Irene Tadeo



Jamie D'Arcy



Jeffery Hanning



John Williamson



Kate de Graaf



Kendra Spanton



Lisa Tobin



Luët Buys



Mark Wronski



Murray Daly



Narges Nasr



Pardis Borghei



Patsy Poulin



Paul Szaszkiewicz



Preeti Cherian



Saman Deilamani



Sasha Alexeenko



Sheldon Catarino



Tina S. Pari



Ulrika Catarino



Vicki Zeng



Xiaotian Wang



Finn



Thor

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