

Breakfast Recipes

Eggs Florentine

A classic combination of creamy hollandaise, softly poached eggs, and barely cooked spinach.

Ingredients:

For the hollandaise sauce:

4 egg yolks

10cl white wine

5cl vinegar

100g ghee

Juice of half a lemon

Salt & pepper

Eggs Florentine:

1 organic egg

Bread cut in a circle 40g spinach

5g butter

Salt & pepper

Preparation:

1. Start with the hollandaise sauce. Cook the clarified butter and set aside. Add the wine, the vinegar and the egg yolk and whisk in Bain Marie until it reaches an adequate consistency. After cooling, add the clarified butter. Season with salt and pepper and lemon juice.

2. To poach the eggs, place water and white vinegar in water and bring to boil. When it is boiling, with the aid of a spoon or whisk, create circular movements in the water until it makes a swirl, and lower the heat. With the water swirling, drop the egg in the water, in the middle of the swirl, and leave it to cook for 3-4 minutes.

3. In the meantime, sauté the spinach with butter, salt, and pepper, and set aside.

4. Plate your toasted bread at the base and layer the spinach on top. Then add the poached egg, and cover with hollandaise sauce.

Fried Eggs with Potato Rösti And Crunchy Bacon

Ingredients:

For the potato Rösti:

150gr potato

10ml olive oil

2gr shredded thyme

Salt and pepper

Preparation:

- 1. Peel and grate the potatoes. Squeeze the grated potatoes with a kitchen towel to remove as much excess liquid as possible.*
- 2. Mix the potato, olive oil, shredded thyme, salt, and pepper in a bowl. Turn the mixed ingredients into a round shape in a non-stick frying pan over low heat until brown on both sides for 6 to 8 minutes.*
- 3. Serve with fried eggs on top of the Rösti, and place bacon on top of the eggs. Garnish with sauteed mushrooms, roasted cherry tomatoes and greens, if desired.*

Gluten-Free Pancakes

"No one should be deprived of pancakes, no matter their dietary requirements"- these gluten-free pancakes are fluffy, delicious and, best of all, easy to make."

Ingredients:

*1 ripe banana
1 egg
4 tablespoons oat flakes
1 teaspoon ground cinnamon
Pinch of salt*

Preparation:

- 1. Put the banana into a mixing bowl and mash with a fork and mix it well with the egg.*
- 2. Add the oat flakes, cinnamon, and salt and stir. Leave to rest for 10 minutes.*
- 3. Heat a small, non-stick frying pan and lightly oil the surface. Pour a small amount of the mixture into the pan and cook for a few minutes until golden brown on the bottom. Turnover and cook until golden on the other side.*
- 4. Serve with honey and fresh fruit.*

Decadent Bircher Muesli

Original to Switzerland and invented around 1900 by the Swiss physician Maximilian Bircher-Brenner for patients in his hospital, nowadays muesli is a standard breakfast or light supper in Switzerland. The best part of this recipe is you can prepare it the night before. You'll wake up to a creamy, sweet, and filling breakfast that will keep you satisfied throughout the morning.

Ingredients:

*50g fine oat flakes
50g fine granulated sugar
125g curd cheese
125g plain yogurt
1dl heavy or whipping cream
1.5dl lemon juice
2.5dl orange juice
60g apples
60g pears
125g bananas
75g strawberries
30g blackberries
40g blueberries
50g raspberries*

Preparation:

Mix oat flakes with sugar, yogurt, cream, curd cheese, lemon and orange juices. Add in peeled and grated pears and apples and mix well. Add berries and bananas. Let sit until soft and well combined.

Healthier Bircher Muesli

Ingredients:

75g Swiss fine oat flakes

250g yogurt

1 ripe pear

1 green apple

½ banana

25ml freshly squeezed orange juice

25ml skim milk

12ml freshly squeezed lemon juice

Preparation:

- 1. Wash the apple and pear with hot water and remove the peel.*
- 2. Grate the apple and pear on a vegetable slicer. Peel the banana and cut it into small pieces, depending on how sweet you want the Bircher Muesli, you can also use a whole banana.*
- 3. Mix all other ingredients with the yogurt and leave well covered for 6-8 hours, or overnight in the refrigerator.*

Homemade Porridge with A Dram of Irish Whiskey

Porridge is a hearty way to start the morning – nutritious and filling, and some version of it is enjoyed around the world.

Ingredients:

*For 4 people, you will need: 160gr oats
600ml milk or water
8ml Irish whiskey
1 tablespoon of honey
Pinch cinnamon
80gr berry compote*

Preparation:

- 1. Place the oats and the milk or water in a large pan over medium heat.*
- 2. Add a tiny pinch of sea salt and stir with a wooden spoon.*
- 3. Add honey and cinnamon.*
- 4. Bring to a steady simmer for 5 to 6 minutes, stirring as often as you can to give you a smooth creamy porridge – if you like your porridge runnier, simply add a splash more milk or water until you've got the consistency you like.*
- 5. Serve hot, with 1 tablespoon of berry compote on top of each porridge and drizzle the whiskey all over.*