

MenuTrends

Edited by Gail Bellamy

THE LINE-UP

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RECIPES FROM

Chef Joshua
Humphrey, Sam &
Harry's

Chef Jon Young,
Kitsch'n on Roscoe
and Kitsch'n
River North

Chef Jamie Zelco,
Bistro Lancaster

Chef Andy Husbands,
Tremont 647

Chef Scott Boone, Mill
Creek Country Club

Innkeeper Elaine
Herbert, Yelton Manor
Bed and Breakfast

Chef Heather Terhune,
Atwood Cafe

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Ready for a coffee
makeover? Plus, a list
of value white wines
under \$8

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FOCUS

South-of-the-Border
Seafood Styles



POACHED AND CHOKED: Poached Eggs and Artichokes Barigoule is a creation of chef Jennifer Jasinski of Rioja in Denver.

Wake Up Morning Menus

Approaches to breakfast and brunch around the country draw on a depth and breadth of possibilities. At The Food Gang, a Mediterranean-inspired bistro in Surfside, FL, the Egg Brunch Menu is organized by preparation style—omelettes, poached, fried, scrambled and boiled—with several items in each category. Meanwhile, The Beehive Brunch at The Beehive in Boston's South End features standard brunch fare alongside a host of specialties such as Eggs Shakshuka, baked over North African-style tomato sauce and served with polenta. And the global influence was also evident recently at Philadelphia's World Cafe Live, when chef Matt Babbage's Gypsy Jazz Brunch featured the music of Kruno Spisic, and menu selections like Eggs Strata, Vegetarian Muffulettas and Turkey Sausage. Trébol in Portland, OR, offers an Oaxacan cuisine Sunday brunch, featuring local and sustainable ingredients. In Chicago, Chef Jon Young offers an all-day breakfast menu at Kitsch'n on Roscoe and Kitsch'n River North. The Weekend Hangover Brunch Menu includes "cult favorite" Fried Chicken and Waffles. Look for Chef Young's Cherry Bacon Hash with a Sunnyside-up Egg and Sweet Cherry Hollandaise in this month's recipe section.

FOR MORE RECIPES

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Creamy Polenta with Poached Egg and Crispy Pancetta

From: Chef Heather Terhune, Atwood Cafe, Chicago. Yield: 4 servings.

- 4 poached eggs (see below)
- 4 slices crisp cooked pancetta (Italian bacon)
- 3 ½ cups canned low-salt chicken broth
- 2 ½ cups whole milk
- 1 tsp. salt
- ½ tsp. ground black pepper
- 1-½ cups yellow cornmeal
- ¾ cups grated Parmesan cheese (about 3 oz.)

POACHED EGGS:

- 2 quarts water
- 1 tsp. unflavored vinegar
- 2 Tbsp. salt
- 4 extra large fresh eggs

Bring broth, milk, salt and pepper to boil in heavy large saucepan over high heat. Gradually whisk in cornmeal. Reduce heat to medium. Cook until mixture is thick and creamy, whisking frequently, about 12 minutes. Whisk in cheese; divide into four bowls. Top each polenta serving with a poached egg and some crispy pancetta. Serve immediately.

For poached eggs: Add 1 tsp. unflavored vinegar and 2 Tbsp. salt to water. Bring to a rapid boil, and lower the flame

until the water barely simmers. With a wooden spoon, stir water so as to form a whirlpool in the center. Crack an egg into a cup. Lift the cup while you are stirring with your other hand and slide egg into very center of the whirlpool. Cook 3½ to 4 minutes, slightly longer for a harder yolk.

Note: The America Egg Board recommends cooking poached eggs until the white is set and the yolk begins to thicken.

Cinnamon, Pear & Pecan Sticky Buns

Yield: 24 servings.

- 1 ½ cups milk, heated
- 2 tsp. active dry yeast
- ½ cup sugar, granulated, divided
- ½ cup butter, melted
- 3 large egg yolks
- 1 tsp. salt
- 5-6 cups all-purpose flour
- 3 cups brown sugar
- 3 tsp. ground cinnamon
- 1 ½ qt. Pacific Northwest Canned Pears, drained, diced
- 2 cups pecans, toasted and chopped
- 2 cups cranberries, dried
- ¾ cup dried bread crumbs, plain
- ¼ cup pear juice
- 1 qt. confectioner's sugar, sifted

Combine heated milk, yeast and 1 Tbsp. sugar. Stir yeast mixture. Add remaining

sugar, butter, and 2 cups flour. Mix well. Slowly stir in remaining flour, mixing well between additions. When dough is stiff enough, transfer to warm surface and knead in remaining flour. Place dough in an oiled bowl, cover and let rise 45-60 minutes. Punch dough down and divide in half. On lightly floured surface, roll each of the dough pieces into a 10"x20" rectangle.

In a bowl, combine sugar and cinnamon. Mix well. In another bowl, mix together pears, pecans, cranberries and crumbs.

For each pastry rectangle: Sprinkle surface on each sheet of pastry with 1½ cups cinnamon-sugar. Top sugar-lined pastry evenly with 5 cups pear mixture. Starting along the back, roll the long side of dough gently to enclose pear mixture. Seal log tightly by pinching seam together. Cut each log into approximately 12"x2" rolls. repeat process for other log.

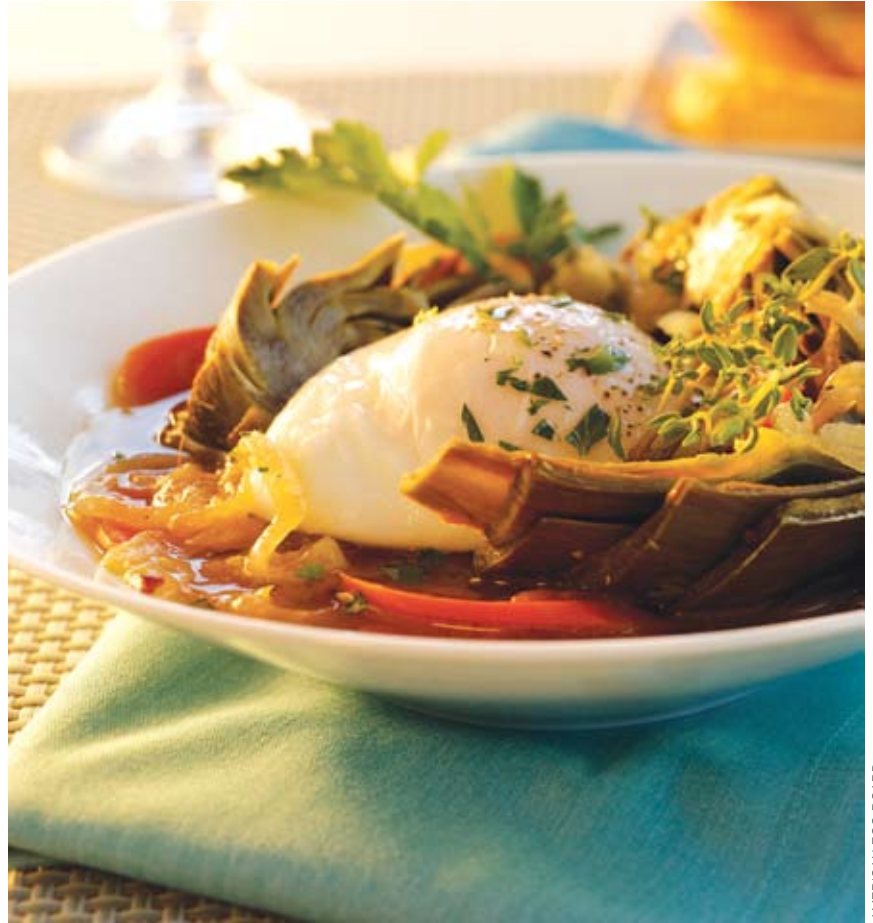
Place buns, cut side up, on well-sprayed parchment-lined half sheetpan and let rise for 20 minutes. Bake buns in preheated 375°F conventional oven or 350°F convection oven for 25-30 minutes, or until golden and bubbly. Remove from heat and let buns cool 10 minutes before turning over onto another half sheetpan and cooling.

In a bowl, combine sifted sugar with pear juice and mix well to form a glaze, adding more liquid as needed. Drizzle glaze over warm buns and serve warm.



PACIFIC NORTHWEST CANNED PEARS

AMERICAN EGG BOARD



AMERICAN EGG BOARD

Poached Eggs with Artichokes Barigoule

From: Executive chef/owner Jennifer Jansinski, Rioja Restaurant, Denver. Yield: 12 servings.

- 1 ½ cups olive oil**
- 8 large onions, cut in half and thin-sliced**
- 12 large artichokes**
- 6 slices applewood smoked bacon, cut in large pieces**
- to taste, salt and pepper**
- 6 cups carrots, sliced thin and bias-cut**
- 1 ½ qt. wine**
- 3 qt. chicken broth**
- 1 Tbsp. fresh thyme leaves**
- 2 bay leaves**
- to taste, pepper**
- 12 large eggs**
- ¼ cup parsley, chopped**
- as needed, extra virgin olive oil**

In a large pot, cook onions in olive oil over medium heat until translucent, about 8-10 minutes.

Clean artichokes; hold in lemon water to prevent browning. Trim leaves and stems; quarter and remove fuzz in center; add to onions. Saute artichokes and bacon with onions. Season to taste with salt and pepper. Add carrots; cook an additional 2 minutes.

Deglaze pan with wine, allowing liquid mixture to reduce by half. Add chicken broth, thyme, bay leaves and pepper. Return to simmer. Cook 10-15 minutes, or until artichokes are tender. Remove bay leaves and keep warm.

Poach eggs in acidic simmering water (1 tsp. vinegar per 1 quart water) until whites are set (completely coagulated and firm) and yolks begin to thicken (no longer runny, but not hard). Keep warm.

To serve: Portion 2 cups barigoule mixture into shallow bowl; top with poached egg. Garnish with chopped parsley and drizzle with olive oil. Serve immediately.