

A NEW TAKE ON BREAKFAST

The morning news is that breakfast is getting more and more indulgent, with chefs using familiar ingredients and forms to pile on flavor like never before.

Blueberries at breakfast aren't a new idea, but stuffed French toast seems to be the breakfast of the moment, with many chefs both stuffing and piling on the indulgence. Executive Chef J.J. Kingery of Wild Eggs in Louisville, Ky., does a Blueberry French Toast Sandwich stuffed with sweetened cream cheese and topped with brandied fresh blueberries. Marcy Erhard, senior account executive at Lewis & Neale, the public relations agency for the

U.S. Highbush Blueberry Council, confirms that this dish is as tasty as it sounds.

The American Egg Board's Eggcellent Chef Ambassador Heather Terhune at the Atwood Café in Chicago created Eggs Benedict Soufflé, crossing an egg soufflé with a Benedict. This cheesy, hammy, egg-rich custard is baked and placed atop an English muffin, then topped with a generous dollop of Hollandaise sauce. Baking a soufflé also makes this an easier way to menu Benedict, with no à la minute poaching involved.

Chef Heather Terhune dreamed up an egg soufflé to make eggs Benedict an easier morning prep, but no less indulgent.

