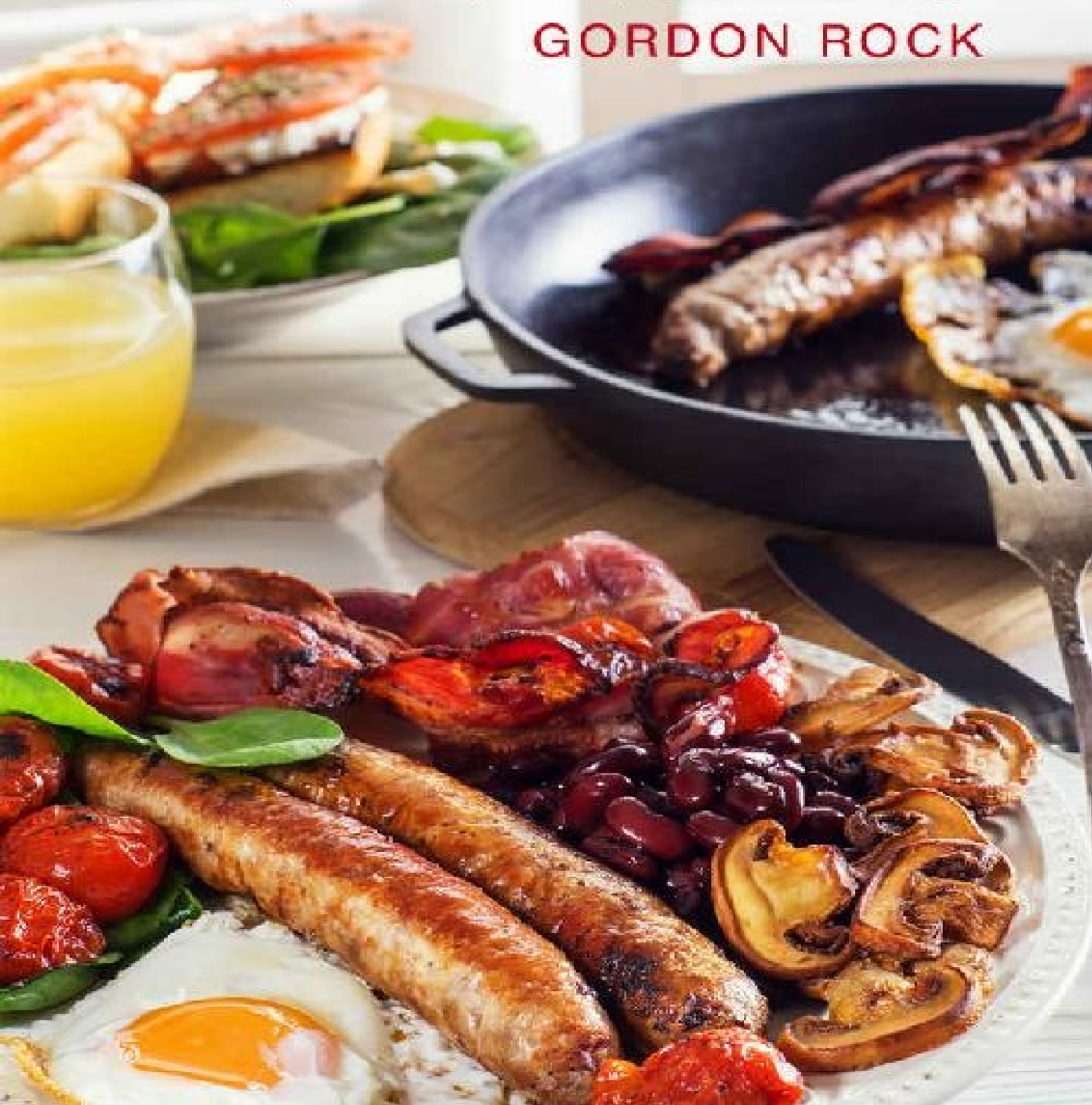


BREAKFASTS

FROM AROUND THE WORLD

50 Recipes to Spice up your Mornings

GORDON ROCK



Breakfasts from Around the World

50 Recipes to Spice up your Mornings

BY

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Kindle Edition



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Table of Contents

[Introduction](#)

[Full English](#)

[Scones](#)

[Pain Au Chocolat](#)

[Churros](#)

[Riisipuuro](#)

[Smørrebrød](#)

[Pa amb tomàquet](#)

[Muesli](#)

[Oladi](#)

[Reibekuchen](#)

[Tapsilog](#)

[Bokkeumbap](#)

[Congee](#)

[Miso Soup](#)

[Nasi Goreng](#)

[You Tiao](#)

[Kaya](#)

[Kuy Teav](#)

[Tocino](#)

[Shakshouka](#)

[Huevos Rancheros](#)

[Arepas de Queso](#)

[Gallo Pinto](#)

[Pastelitos de Guayaba Y Queso](#)

[Chilaquiles](#)

[Bean, Chorizo & Cheese Molletes](#)

[Papas con Chorizo](#)

[Plantain and Cheese Empanadas](#)

[Breakfast Tostadas](#)

[Perico](#)

[Honey Cornbread Muffins](#)

[French Toast Sticks](#)

[Greek Yogurt Overnight Oats](#)

[Lemon Poppyseed Pancakes](#)

[Ricotta Pancakes](#)

[Berries and Cream Cheese Breakfast Pastries](#)

[Cinnamon Banana Bread](#)

[Blueberry Crumb Cake](#)

[Apple Pie Oatmeal](#)

[Choco-Banana Breakfast Bars](#)

[Loco Moco](#)

[Baked Potatoes and Eggs](#)

[Cheesy Breakfast Quiche](#)

[Breakfast Pizza](#)

[Avocado Toast](#)

[Breakfast Rolls](#)

[Potatoes with Bacon and Caramelized Onions](#)

[Sausage and Pancake Muffins](#)

[Stuffed Breakfast Peppers](#)

[Breakfast Sliders](#)

[Conclusion](#)

[About the author](#)

[Free Bonus Cookbooks](#)

[Author's Afterthoughts](#)

Introduction



Breakfast literally means to break a fast. It is the most important meal of the day. Have you ever noticed that a person is a lot grumpier than usual if they don't eat breakfast? This is because our body needs fuel to start the day right. Some people don't eat breakfast because they don't have the time to cook or spare even five minutes to eat before they start their day, and some just prefer not to because of the boring and repetitive dishes in your rotation. Toast and eggs isn't something you'd want to wake up with every single day.

The purpose of this book is to give you new recipes to work on and test out so you and your family can be excited about eating breakfast again. Some of these recipes can be made the night before or the weekend so busy-bees can also try them out!

You'll have so many recipes to choose from, and not only will you experience

new flavors and techniques, but you will also learn about a country's culture through their food and what they eat for breakfast.

This recipe book contains 10 recipes from Asia, 10 from Europe, 10 from Latin America, 10 sweet breakfasts, and 10 savory breakfasts from North America.

Full English



A Full English Breakfast or “fry-up” is the kind of breakfast that will fill you up to last the whole day. This dish usually includes bacon, sausages, and eggs and wouldn’t be complete without toast. In England, this breakfast dish is served with baked beans, and sometimes even with black pudding, which is a blood sausage.

This dish is one of the most iconic and internationally recognized food that hails from Britain other than your usual fish and chips. Most people who grew up in Britain crave this dish from time to time, and here’s your chance to impress them by making them this special breakfast.

Serving Size: 2

Prep Time: 5 minutes

Cooking Time: 25 minutes

Ingredients:

- 7 oz. Baked Beans
- 2 tomatoes, halved
- 1 large egg
- 2 pieces bacon
- 2 hash browns
- 3 oz. fresh mushrooms
- 2 Tbsp. butter
- 2 slices bread
- Salt and pepper to taste

Procedure:

1. Preheat your oven to 400F.
2. In a nonstick pan over medium heat, cook the sausages until brown, about 5 minutes. Transfer to an oven-proof dish. Place in the oven to cook for 10 more minutes.
3. Drain the excess oil from the baking dish on to the pan that you browned the sausages in. Add in a tablespoon of butter and fry the bacon. Once cooked, fry the hash browns, then sauté the mushrooms until brown and crisp, then brown the tomatoes, flesh side down.
4. In a small saucepan, heat up the baked beans, stirring constantly. Set aside. Fry the egg.
5. Once everything is cooked and ready, serve everything together with some toast. Season to your liking and serve hot.

Scones



Scones can be sweet, savory, filled with clotted cream and jam, or just plain! This breakfast dish is a staple in every Englishman's diet and is enjoyed at breakfast or even at afternoon tea. Many people would tell you how a proper scone would taste like, but it all depends on the person's taste – although, a proper scone should be hard on the outside, and crumbly on the inside, which makes it perfect to enjoy with spreads.

Sweet scones are usually enjoyed by the British, but most Scots like their scones on the savory side which are served with fresh dill and cheese.

You can have scones any way you like, but make sure that you have it with coffee or tea!

Serving Size: 6

Prep Time: 20 minutes

Cooking Time: 15 minutes

Ingredients:

- 2 ½ cups all-purpose flour

- 1 Tbsp. baking powder
- ½ tsp salt
- ½ cup very cold, cubed butter
- ½ cup granulated sugar
- 2/3 cup whole milk

Procedure

1. Preheat your oven to 425F. Grease, flour, and line a baking sheet with a parchment paper.
2. In a large mixing bowl, whisk together the baking powder, flour, and salt. “cut in” the butter using a pastry blender, or rub the flour and butter together with your hands until the consistency is like sand.
3. Add the in the sugar and toss to mix. Make a well in the center of the mixture and add in the milk. Stir with a wooden spoon until you have a workable dough. Transfer the dough to a floured surface and then gently knead until a ball forms.
4. Flatten into a 1 ½ inch thick circle and cut into 6-8 wedges. Place on your prepared baking tray and bake in the oven for about 12 minutes or until the tops are golden brown.

Pain Au Chocolat



Chocolate for breakfast, anyone? Pain Au Chocolat is a breakfast pastry that hails from France. This sweet pastry is usually enjoyed by children of all ages while the adults enjoy their bread, toast and deli meats. Pain Au Chocolat is also known as ‘chocolatine’ in the south-west area of France.

This pastry is made the same way as a croissant, folding and rolling out the dough many times to form the layers that you can find inside the bread. Pain Au Chocolat is definitely one of the many breakfasts that are unique and delicious at the same time.

Serves: 12

Prep Time: 2 hours

Cooking Time: 15 minutes

Ingredients:

- 3 ½ cups bread flour
- 4 tsp active dry yeast
- 1/3 cup granulated sugar
- 1 ½ tsp salt
- ½ cup milk
- 3 Tbsp. melted butter

- 1 cup softened butter
- 9 oz. semisweet chocolate, coarsely chopped
- 1 egg
- 2 Tbsp. milk

Procedure:

1. In a bowl, dissolve the yeast in the lukewarm water and add a pinch of salt. Cover and then set aside.
2. Combine the dry ingredients and toss to evenly distribute. Make a well and add in the activated yeast mixture, milk, and butter. Using a dough hook, work the mixture on medium speed for about 2 minutes – adding 1 tablespoon of flour at a time if the dough is too sticky. Do this until the dough does not stick to the sides of your mixing bowl.
3. Knead into a ball and loosely cover with plastic wrap. Allow to rest at room temperature for about 30 minutes.
4. Once rested, roll the dough into a 10x15” rectangle and loosely cover. Set aside and let rise for about 40 minutes.
5. Once the dough has doubled in size, brush with softened butter, then fold into thirds. Roll the rectangle back into its original size. Roll into thirds, again, and let rest in the fridge for an hour. Repeat this process two to three more times until you see layers in your pastry.
6. Cut the dough into 12 rectangles and add 2 tsp of chocolate across the short end of the triangle and fold into thirds towards the center. Do this on the opposite side of the dough.
7. Arrange the pain au chocolat on a greased and floured baking sheet with 1 ½ inch gaps between each pastry. Cover loosely and allow to rise until doubled in size.
8. Preheat your oven to 400F and make your egg wash using the egg and milk. Brush this mixture over the surface of each pastry.
9. Bake for 12-14 minutes or until puffed and golden in color.

Churros



Churros may be more familiar to you as a dessert that you see at a state fair or at a mall stand, but in Spain and Portugal, children and adults alike enjoy churros for breakfast! Usually, churros come with a chocolate dip – but as a breakfast, it is usually enjoyed with a drink. Champurrado or hot chocolate for kids, and café con leche for adults.

Churros are a sweet way to start your day!

Serves: 3

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 1 cup all-purpose flour
- 1 tsp baking powder
- ¼ tsp salt
- 1 Tbsp. olive oil
- 1 cup boiling water

- Oil for frying

Coating:

- ¼ cup caster sugar
- 1 Tbsp. ground cinnamon

Sauce:

- ½ cup quality dark chocolate
- ½ cup heavy cream

Procedure:

1. In a small bowl, toss the caster sugar and cinnamon powder until evenly combined. Set aside.
2. In a medium mixing bowl, whisk together the flour, baking powder, and salt. Make a well and add in the oil and water. Mix until you have a thick batter. Transfer to a piping bag with a star tip nozzle and chill in the refrigerator.
3. Heat your oil to 340F. Pipe 6” lengths of dough. Snip to loosen from the piping bag. Deep fry for 2-3 minutes or until the churros are a golden brown color. Remove from oil and blot the excess oil with paper towels. Do this with the remaining batter.
4. In a microwave-proof bowl, microwave the chocolate and cream in 30 second intervals, stirring in between until melted.

Riisipuuro



Riisipuuro is a traditional Scandinavian breakfast. It's a rice porridge that is seasoned with cinnamon, thickened with cream, and served with dried fruit and nuts. Riisipuuro is one of the few sweet porridges around the world since most rice porridges are usually savory.

This dish takes most people back to their childhood since it is served during Christmastime. This indeed is best enjoyed in front of the fireplace surrounded by family while opening gifts.

Serving Size: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

- $\frac{3}{4}$ cup water
- $\frac{3}{4}$ cup short grain rice
- 4 $\frac{1}{4}$ cups milk
- $\frac{1}{4}$ tsp salt

- 1 cup heavy cream
- ½ cup sugar
- 3 tsp cinnamon

Procedure:

1. In a deep, medium sized pot, combine the ingredients and cook over medium heat. Once boiling, reduce to low Cook this until all the milk is absorbed, stirring occasionally. Once cooked, stir in the heavy cream, sugar, and cinnamon.
2. Serve with a pat of butter, raisins, and sliced almonds.

Smørrebrød



Smorrebrod is a simple Danish breakfast that consists of dark rye bread, a spread, and some protein. Similar to an American bagel, but with more delicate flavors for a more sophisticated palette. Smoked salmon is one of the most popular toppings, which is what we have on this recipe.

You can enjoy this simple breakfast with some coffee or your favorite breakfast beverage.

Serving Size: 2

Prep Time: 5 minutes

Ingredients:

- 2 slices rye bread
- 8 oz. smoked salmon
- ½ radish, thinly sliced
- 1 tsp mustard
- ½ tsp fresh dill
- ¼ tsp lemon juice

Procedure:

1. Spread some mustard over the bread, top with two slices of smoked

salmon and a few slices of radish. Garnish with sprigs of fresh dill and a squeeze of lemon juice.

Pa amb tomàquet



Anchovies for breakfast? It may sound strange to you, but it's very common in Catalonia. Pa amb tomàquet is a way to use up that crusty bread that you had for dinner. This is a simple breakfast dish that consists of a home-made garlicky tomato sauce, a splash of olive oil, and a couple pieces of anchovies.

It may not sound that great, but using the best quality ingredients can really change this dish from simple to exquisite. These flavors really go well together, and with every bite – you can really feel that you're having breakfast in a beautiful Catalan country side.

Serving Size: 2

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients:

- 2 beefsteak tomatoes
- 2 garlic cloves, crushed
- 1 loaf ciabatta, sliced horizontally

- ¼ tsp fleur de sel
- 4 pcs high quality, jarred anchovy fillets
- salt and pepper to taste

Procedure:

1. Slice the tomatoes in half, and start grating them flesh face down. Discard the skin of the tomatoes and season with salt and pepper.
2. Preheat your oven toaster. Drizzle some olive oil over the ciabatta bread and season with salt. Toast until crisp or the edges start charring. 2-3 minutes.
3. Remove from the oven and rub the ciabatta with crushed garlic. Spoon over the tomato mixture, top with the anchovies. Drizzle with more olive oil and season with fleur de sel.

Muesli



Muesli is a breakfast dish that originated in Switzerland. This dish has made its way to the United States – usually found in organic grocery stores. Muesli may be difficult to pronounce, but it sure is easy to prepare. It's pretty much like oatmeal, but with more complex ingredients which are healthier for you than just plain 'ol cereal.

You can enjoy this with any fruit and milk of your choice! This may be one of the easiest breakfast that you can ever prepare.

Serving Size: 8

Prep Time: 10 minutes

Ingredients:

- 4 cups rolled oats
- ½ cup wheat bran
- ½ cup toasted wheat germ

- ½ cup walnuts, chopped
- ½ cup oat bran
- ¼ cup sunflower seeds, raw
- 1 cup raisins
- ¼ cup brown sugar, packed

Procedure:

1. Toss all of the ingredients together in a large mixing bowl. Once the ingredients are distributed evenly, store in an airtight container. This will keep for about 2 months at room temperature.
2. Enjoy with milk and sliced fresh fruit or berries.

Oladi



Crispy, fluffy, full of flavor – this isn't your regular pancake. Oladi can be described as the Flapjack's older, more sophisticated sibling. This pancake is made with yeast, which gives it a fluffy and bread-like texture, and gives it a different flavor.

Pancakes can be cloyingly sweet because they absorb syrup when poured on them, but Oladi doesn't soak up much liquid as it isn't as cakey as American pancakes.

This breakfast dish is traditionally served with sour cream, jam, and fresh berries, but you can serve this in any way that you want.

Serving Size: 4

Prep Time: 40 minutes

Cook Time: 15 minutes

Ingredients:

- 3 ½ cups all-purpose flour
- ½ Tbsp. active dry yeast

- 4 Tbsp. sugar
- ¼ tsp salt
- 4 Tbsp. vegetable oil, extra for pan frying
- 2 cups warm milk
- 2 eggs, beaten

Procedure:

1. In a large mixing bowl, combine the flour, yeast, and milk until it forms a sticky dough. Cover this with a small towel or cling wrap. Set aside and let rise. Once the dough is doubled in size, add in the eggs, sugar, salt, and oil. Mix with a wooden spoon until you achieve a smooth consistency. Cover again and set aside to rise.
2. Heat your vegetable oil in a non-stick pan over medium heat. Once the dough is doubled in size again, carefully scoop the dough and add it to the pan, making sure not to deflate it too much.
3. Tip: This batter is extremely sticky. Fill a bowl with boiling hot water and dunk your spoon in and thoroughly clean it before scooping more dough.
4. Cook the Oladi until they are golden on both sides. Blot excess oil with paper towels and serve hot with sour cream, berry compote, or fruit.

Reibekuchen



Reibekuchen – also known as Kartoffelpuffer – is one of the most common breakfast entrées in Germany. Made of delectable German potato fritters, every bite of this potato pancake can bring you a taste of what breakfast in Germany is like. You can find this food in the street stalls that is located in the famous Cologne railway station.

Best served with a savory seasoning sauce or apple sauce if you're feeling a sweeter breakfast and some pumpernickel bread. Reibekuchen is a dish worth giving a try.

Serving Size: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 3 lbs. potatoes

- 2 white onions
- 2 eggs
- ¼ cup vegetable oil
- Salt and pepper to taste

Procedure:

1. Wash, peel, and grate the potatoes into fine strands, then strain to wash off any dirt or grime. Finely mince the onion and toss with the grated potatoes. Add in 2 beaten eggs and season with salt and pepper.
2. In a skillet, heat up the vegetable over medium high heat and lade over a portion of the potato mixture. Flip once the bottom is golden and crispy. Do this with the rest of the potatoes.
3. Serve with apple sauce.

Tapsilog



Tapsilog. What a weird name, right? This dish is actually a combination of 3 components, which consists of Tapa (marinated sirloin), Sinangag (Fried rice), and Itlog (the egg). Tapsilog is one of the quintessential breakfast dishes in the Philippines, which makes it iconic and loved by all Filipinos.

Not only is this a breakfast dish, but it is served at any time of day. A lot of office workers have this dish after a night of drinking to avoid hangovers. This dish can be cooked in any way be it fried, grilled, or boiled. Some places serve it saucy, and some dry – but all of them are delicious.

The marinade is usually made with a local citrus fruit called “Calamansi,” – it usually takes about 5 or 6 pieces of this fruit to produce a good amount of juice since it’s as big as a marble, but this can be substituted with Lemons, if you cannot find it in your local Asian grocery store.

The tangy and tender beef goes perfectly with the garlic fried rice and runny egg. Tapsilog can be served with pickled papaya (atchara) or with a dipping sauce of vinegar and crushed garlic to cut the richness of the beef.

Serving Size: 4

Prep Time: 6 hours

Cook time: 20 minutes

Ingredients:

For the beef:

- 1 ½ lb. thinly sliced sirloin
- ¼ cup Soy Sauce
- 4 Tbsp. finely minced Garlic
- Juice of 1 Lemon
- 1 Tbsp. Brown Sugar
- 1/8 tsp Salt
- ¼ tsp Ground Black Pepper

For the rice:

- 500 grams cooked rice, better if stored in the fridge for a few hours
- 3 Tbsp. finely minced Garlic or 1 tsp Garlic Powder
- ¼ tsp Ground Black Pepper
- 2 Tbsp. Vegetable Oil
- For cooking:
- 1 1/2 cups water
- 3 Tbsp. Vegetable Oil

Procedure:

1. In a medium sized container, whisk together the Soy Sauce, Brown Sugar, Salt, Pepper, Lemon Juice, and Garlic. Marinate the beef in this mixture for at least 6 hours in the refrigerator. Once ready to cook, place the marinated beef in a steel pot with water. Bring to a boil and turn the heat down to low. Cook uncovered until the water evaporates. Once the water is gone, add the vegetable oil and fry until shiny and browned.
2. Prepare the rice by breaking it up until the grains are separated well. In a wok or a deep pan, heat the vegetable oil and sauté the Garlic until slightly brown. Add in the rice and stir until the garlic is well distributed. Season with salt and pepper.
3. This dish is served with a sunny side up egg.

Bokkeumbap



What they eat for breakfast in South Korea isn't really all that different from what they eat for lunch and dinner. Some rice, meat, and kimchi are already a complete meal for them at any time of the day. Korean food has distinct flavors that aren't meant for a picky eater. There are a lot of people who are weary about trying this new cuisine, but craves for this unique flavor after having it.

The base for all Korean dishes is called Gochujang. Gochujang is a red pepper paste that is incorporated in almost all of their food – it is tangy, hot, garlicky, and umami. You can find this in your local Korean grocery store. Almost every city has one!

Korean food is truly one of a kind. During mealtimes, a wide array of side dishes called banchan are served with the main dish. Kimchi is something that you will always see at the table as it is a staple in their diets, you may also see a variety of pickled and fresh vegetables as side dishes – and it goes amazingly well with meals.

Bokkeumbap is the Korean word for “fried rice”, and this can be made with any kind of protein that is available to you. It goes great with beef, chicken, and especially pork belly. Serve this with a runny egg, and enjoy!

Serving Size: 3

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

- 3 cups cooked rice
- 2 garlic cloves, minced
- ¼ cup Onion, chopped
- 2 Tbsp. vegetable oil
- 1/3 cup Kimchi, chopped
- 5 oz. beef, sliced into bite-sized pieces
- 3 cups assorted vegetables
- 2 green onions, finely sliced
- 2 tsp sesame oil
- 2 Tbsp. oyster sauce
- 1 tsp Gojuchang paste

Procedure:

1. In a large pan, heat up the vegetable over the medium high heat. Add in the onions and sauté until fragrant and transparent. Add in the garlic and sauté until a little browned. Add in the sliced meat and cook until the beef is no longer pink.
2. Add in the kimchi and cook for another 2 minutes or until the kimchi is slightly cooked. Add in the vegetables and stir until the vegetables are soft.
3. While the vegetables are cooking, combine Gojuchang paste, oyster sauce, and sesame oil in a small mixing bowl. Add this mixture to the wok or pan and cook for another minute.
4. Once everything is well incorporated, add in the cooked rice and stir fry until the ingredients are distributed throughout the rice.
5. Serve hot with a fried egg on top.

Congee



Is there anything as comforting as a hot, steamy bowl of soup? What if you could have that for breakfast on a rainy day? Congee is a rice porridge that was originated in China, but is popular in all Asian countries. This dish is usually paired with boiled eggs, and fried bread sticks called youtiao.

The best thing about this recipe is that you can dump all of the ingredients in a rice cooker, and just let it cook there – but for this recipe, we use the traditional method, which is sautéing the rice in fragrant oil before simmering it into a thick consistency. Doing this makes the rice much more flavorful, and distributes the notes of garlic and ginger in every spoonful.

Traditionally, this is made with water – but using chicken stock is something you can do to add more flavor. To season this dish, fish sauce is required. This sauce may sound unusual, but it is used in many Asian dishes to make your meal taste better and more authentic.

Congee is easy to prepare, and can even calm a weak stomach after being sick. This is the Chinese version of Chicken Noodle Soup!

Serving Size: 4

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

- ½ lb. shredded cooked chicken breast
- 3-4 cups chicken stock
- 2 Tbsp. vegetable oil
- 5 pieces shiitake mushrooms, julienned
- ½ cup white rice
- 1 Tbsp. minced garlic
- 1 Tbsp. minced ginger
- 4 Tbsp. fish sauce
- Black pepper, to taste

Procedure:

1. In a medium stock pot, heat up the vegetable oil over medium-high heat. Sauté the garlic and ginger until fragrant, and add the white rice. Stir until all the rice is coated with the ginger and garlic oil. Add in the shredded chicken breast, mushrooms, and stock. Turn down heat to low and let simmer for 15-20 minutes or until the rice has absorbed most of the liquid – make sure to stir occasionally as you want a smooth consistency.
2. Once cooked, add in the fish sauce and pepper. Adjust to your liking. Garnish with thinly sliced scallions, and sesame oil.

Miso Soup



Almost late for work and you don't have enough time to fix a hearty meal? Have some Miso soup! They say soup is food for the soul, and this traditional Japanese soup broth is among the best foods to start your day right. A traditional Japanese breakfast usually consists of steamed white rice, pickled vegetables, grilled fish, and other side dishes – but what a Japanese breakfast must always have is Miso Soup. It is a staple in Japanese food because of its high protein content

Miso is a traditional seasoning that hails from Japan and it is made from fermented soybeans with salt and koji. It is a thick paste that can be either white, yellow or red, which depends on how it is fermented. It may sound gross at first, but it gives a simple dish a burst of umami flavor.

Made of dashi stock, Miso and tofu, this soup is perfect for people who do not want a heavy breakfast. Apart from the fact that it is very easy to make, it's also very healthy. If you are looking for a quick meal that you can prepare quickly, this recipe is definitely for you!

Serving Size: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 4 cups water
- 3 Tbsp. white miso paste
- 3 tsp dashi powder
- 8 oz. silken tofu, cubed.
- 2 green onions, finely sliced

Procedure:

3. In a saucepan over medium high heat, add in the water and the dashi powder. Bring the mixture to a boil, turn down the heat to medium low and add in miso paste, incorporate the paste into the stock using a whisk. Stir in the silken tofu and green onions. Simmer for another 2-3 minutes. Serve hot.

Nasi Goreng



Fried rice for breakfast? Yes please! Nasi Goreng quite literally translates to “Fried Rice” in Malay, and is considered as the national dish of Indonesia. This dish is versatile as it can be made in many different ways – but one ingredient must be used to turn it from plain old fried rice to Nasi Goreng, which is Kecap Manis or sweet soy sauce.

This dish is has many variations in different parts of asia such as Malaysia, Brunei, and Singapore. Nasi Goreng is considered as one of the most delicious foods in the world, according to a poll that CNN released, which had a vote of 35,000.

This fried rice dish is not only delicious, but you can make this in bulk and save a buck!

Serving Size: 6

Prep Time: 20 minutes

Cooking Time: 15 minutes

Ingredients:

- ½ lb. skinless, boneless chicken breast
- ½ lb. peeled, deveined prawns
- 3 eggs, beaten
- 1 clove minced garlic
- 1 onion, minced
- 1 leek, chopped
- 2 green chili peppers, chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 Tbsp. vegetable oil
- 3 Tbsp. sweet soy sauce
- ½ lb. cold, cooked white rice
- 1 Tbsp. vegetable oil

Procedure:

1. In a large non-stick skillet, spray some cooking oil and cook the eggs. Fold in half and remove from heat. In the same skillet, heat up the vegetable oil and sauté the onion, leek, garlic, chili peppers and cook them until soft and fragrant. Add the chicken and prawns. Season with the dried spices, salt, and pepper.
2. Once the chicken and prawns are cooked, mix in the cooked rice, sweet soy sauce, and the egg strips. Make sure that everything is evenly distributed before turning off the heat.
3. Serve hot.

You Tiao



Youtiao is probably one of the most beloved breakfast foods in all of China. This is basically a Chinese cruller. It's common to see stalls in China selling these wonderful fried sticks of dough.

This is usually served alongside Congee or dumplings and can even be an ingredient for some dishes!

The Cantonese translation for this dish literally translates to “oil-fried-devil” and it was used to protest against the Song Dynasty. It's kind of a weird story, but this food was traditionally shaped as two humans which was joined in the center – to symbolize collaboration. It's deep fried because that's what the emperor would've done to the couple who took him down!

Serving Size: 6

Prep Time: 14 hours

Cook Time: 10 minutes

Ingredients:

- 2 cups all-purpose flour
- 1 ½ tsp baking powder
- ½ tsp salt
- 1 Tbsp. milk
- 1 egg
- 2 Tbsp. softened butter
- 1/3 cup water

Procedure:

1. Using a stand mixer with a dough hook attachment, mix the flour, egg, salt, baking powder, softened butter, and milk on the lowest setting. Slowly add the water in separate batches. Knead for 15 minutes. You should have a very soft dough that does not stick to the sides. Cover and let the dough rest for 10 minutes.
2. Once rested, transfer the dough on a floured surface and form into a long, flat shape. It should be about ¼" thick and 4" wide. Wrap the dough, making sure that it is completely covered. Refrigerate for 12 hours.
4. Once chilled, take out the dough and let sit until room temperature. Bring your oil to 400F. While preheating the oil, unwrap the dough and flour the top side to avoid sticking. Cut into 1" wide strips, then stack in two. Press the center with chopsticks, lengthwise. Stretch the dough by holding two ends of each piece and stretch into 9" long ropes.
5. Fry the sticks of dough two at a time, continuously flipping in the oil using chopsticks.

Kaya



Kaya is a jam made from coconut milk and cream, sugar, and eggs. Imagine Dulce de Leche with a tropical twist! Kaya is eaten all around Asia and is usually enjoyed with bread and coffee. It has a thick and creamy consistency – the flavor is similar to caramel, but with a punch of coconut flavor! It can also be used as an ingredient for baked goods such as muffins, cupcakes, and cookies. With this recipe, you can make a batch of Kaya that you can enjoy yourself or as a nice gift for your friends and family!

Serving Size: 10

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients:

- 4 eggs
- 7 oz. refined sugar

- ½ cup coconut cream
- ¾ cup coconut milk
- 3 pandan leaves, tied
- 1 ½ corn starch
- 1 ½ Tbsp. water

Procedure:

1. In a medium sized mixing bowl, combine the eggs, coconut milk, coconut cream, and sugar. Mix well. Filter onto another container using a strainer.
2. Transfer the mixture into a non-stick sauce pan and add in the pandan leaves. Cook this over medium-low heat, stirring constantly until cooked. Combine the corn starch and water to make a slurry and add into the egg mixture. Add the caramel into the egg mixture and keep stirring until you have a smooth consistency.
3. Turn off the heat and let the mixture cool down. Discard the pandan leaves and transfer to a blender or food processor. Blend until you have a silky jam.
4. Transfer to a jar and keep in the fridge. This will keep for about a week.

Kuy Teav



If you've ever had Phở before, then you might have an idea what Kuy Teav is. This dish hails from Cambodia and is primarily eaten for breakfast. This dish is a bit complicated to make, but for experienced cooks out there, this will be a breeze.

Cooking kuy teav starts out with an aromatic stock that acts as the backdrop of the entire dish. Then comes the rice noodles which acts as the starch – the noodles that are used for this dish is similar to what you may eat with pho, but the noodles that you use here are flat, and that gives the soup excellent texture. Then comes all the toppings. If you're familiar with Southeast Asian cuisine, then you would know that there must be a balance of flavors.

Sweet, salty, sour, spicy, and most of all – umami. This dish can be an absolute treat if you're looking for a little more than toast and eggs.

Serving Size: 6

Prep Time: 30 minutes

Cook Time: 4 hours

Ingredients:***For the stock:***

- 2 ½ pounds oxtail
- 8 ½ cups water
- 1 onion, peeled and halved
- 4 pcs star anise
- 1 piece cassia bark
- 1 Tbsp. coriander seeds
- 1 tsp black peppercorns
- 1 Tbsp. sugar
- 1 tsp salt
- 5 Tbsp. fish sauce

For garnish:

- 6 Tbsp. vegetable oil
- ½ pound ground beef
- 1 tsp fish sauce
- 1 tsp sugar
- 2 tsp sriracha
- Juice of half a lime
- 4 garlic cloves, peeled and sliced thinly
- ½ pound flat vermicelli
- ½ pound bean sprouts
- ½ cup fresh coriander, roughly chopped

Procedure:

1. Clean the oxtail bones and place in a large stockpot with water and bring to a boil. Remove from the heat and drain. Rinse the oxtail once more. Return the oxtail to the pot and add the 8 ½ cups of water, onion, coriander seeds, star anise, peppercorns, cassia, salt, sugar, and fish sauce. Bring the mixture to a boil and reduce the heat. Simmer for 3 hours, making sure that the water does not evaporate.
2. Strain the broth into another pot and remove the oxtail to cool. Once cool enough to handle, pull the meat away from the bones and set aside.
3. In a non-stick pan, sauté the ground beef in 2 Tbsp. of vegetable and

season with fish sauce, sriracha, sugar, and lime juice until cooked. Heat up the remaining oil in a separate pan and fry the sliced garlic until golden brown and crisped.

4. Once the garnish is ready, bring the stock back into boil. Arrange some of the noodles, beansprouts, and oxtail meat. Pour over the broth. Garnish with the ground beef, fried garlic, chopped coriander, and spring onions.
5. You may serve this with hoisin sauce, fish sauce, or sriracha for more kick.

Tocino



Ever tried sweet pork? If not, then it's time that you learn about this famous Filipino dish called Tocino. For people who would like to wake up to something sweet and savory at the same time, this dish is perfect for you!

Not a fan sweet breakfasts? This fried caramelized pork has all the right ingredients to make this food an all-time favorite drunk food after a night out with your friends. Most restaurants in the Philippines not only serve this for breakfast, but as an after-hours meal as well to soak up people's alcohol-ridden bellies after a long night of drinking.

Serving Size: 6

Prep Time: 12 hours

Cook Time: 15 minutes

Ingredients:

- 2 pounds pork shoulder, sliced thinly
- 3 garlic cloves, minced
- $\frac{3}{4}$ cup brown sugar

- 1 ½ Tbsp. salt
- 1 Tbsp. soy sauce
- 2 Tbsp. vinegar
- ¼ cup pineapple juice
- ½ Tbsp. black pepper

Procedure:

1. In a mixing bowl, combine everything except for the pork shoulder. Whisk until combined. Add in the pork and massage using your hands. Mix by hand for at least 15 minutes. Transfer the pork and marinade in a large container. Let sit in the microwave overnight. Take out of the fridge the next day and mix by hand once more.
2. Store in individual Ziploc bags and freeze.
3. To cook, heat up vegetable oil in a non-stick pan over medium high heat. Fry the Tocino until it caramelizes. Serve with hot garlic rice and a fried egg.

Shakshouka



Shakshouka is as fun to say as it is to cook. This is a great egg dish has African and Asian flavors and is popular in places such as Morocco, Tunisia, and Israel. This egg dish can be cooked in many ways, depending on the region.

The base for this egg dish is a tangy tomato sauce, onions, and spices. Various vegetables are also added to this dish to make it heartier. This dish comes from the Berber word “chakchouka,” which means a vegetable ragu. Some historians say that this dish was invented during the rise of the Ottoman Empire, and was spread throughout the Middle East.

This dish is usually cooked in a cast iron skillet as it can be finished in the oven as well as the stove. Crusty bread is usually paired with this dish to mop up the delicious tomato sauce left behind after all the eggs have been eaten.

Serving Size: 6

Prep Time: 20 minutes

Cook Time: 25 minutes

Ingredients:

- 2 Green Peppers, chopped
- 1 large Yellow Onion, chopped
- 3 Garlic Cloves
- 6 ripe Tomatoes
- ¼ cup chopped fresh Mint leaves
- ¼ cup chopped fresh Parsley leaves
- 6 large Eggs
- ½ cup Tomato sauce
- ½ tsp ground Cumin
- 1 tsp sweet Paprika
- 1 tsp ground Coriander
- 1 tsp sugar
- Salt and Pepper to taste
- Red Pepper flakes (optional)

Procedure:

1. In a large cast iron skillet, heat 3 Tbsp. Olive Oil. Stir in onions and sauté until soft and translucent. Add the green peppers, garlic, and spices. Season with salt and pepper. Stir occasionally until the vegetables are fully cooked, around 8-10 minutes.
2. Add in the tomatoes, tomato sauce, and sugar. Lower your heat to a medium low and simmer until the tomato sauce starts to reduce, about 10-15 minutes. Season with red pepper flakes and more salt to your taste.
3. Once the sauce has reduced, make 6 wells in the tomato mixture and gently crack the eggs in these indentations. Reduce heat to low, cover the cast iron skillet, and cook until the whites are set.
4. Uncover and add in the fresh herbs. You can crack more black pepper to finish the dish, or another dash of red pepper flakes.
5. This dish is usually served with crusty bread, pita, or Challah bread.

Huevos Rancheros



Huevos Rancheros directly translates to ‘Rancher’s Eggs’, and is a popular dish that originates in Mexico. This egg dish has many different variations around Latin America, and it is even popular north of the border.

This is an egg dish that is served with wheat tortillas, but traditionally – corn tortillas. This dish also highlights a tangy tomato salsa that goes great with the eggs. It is usually eaten with Mexican style rice, guacamole, and refried beans.

Serving Size: 4-8

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- ½ cup chopped white onion
- 30 oz. whole canned tomatoes
- 1 Tbsp. chopped adobo chipotle chilies
- 2 garlic cloves
- ¼ cup coarsely chopped cilantro
- 6 Tbsp. vegetable oil
- 8 pcs corn tortillas
- 8 large eggs

- Salt to taste

Procedure:

1. Preheat your oven to 200F and put in 4 oven-proof plates to warm up.
2. In a large skillet, heat up 1 tablespoon of oil over the medium heat until not – but not smoking. Add in 2 tortillas in the skillet and cook for half a minute, flip with tongs and cook for another 30 seconds. Do this several times until both tortillas are softened and puffy. Let the corn tortillas deflate. Wrap in foil and keep in the oven. Do this for the rest of the tortillas, cooking those 2 at a time. Do not remove from heat after the tortillas are cooked
3. In a blender or a food processor, puree the garlic, onion, canned tomatoes, cilantro, and salt until you have a smooth consistency. Add this to the still very hot skillet and simmer, stirring occasionally, until the sauce has slightly reduced and thickened – around 10 minutes.
4. In a separate large skillet, heat 1 tablespoon of oil over the medium high heat. Add in 4 eggs and cook until your desired doneness. Transfer to a plate, and cook the remaining eggs. Season to taste.
5. Carefully remove your hot plates and tortillas from the oven using an oven mitt, and arrange each plate. Spoon over a quarter cup of the tomato mixture onto each plate, place the eggs next to the salsa, and add in the corn tortillas. Sprinkle with fresh cilantro to garnish.

Arepas de Queso



An Arepa is a breakfast food that almost everyone in Latin America eats. The dough is primarily made from ground maize flour, milk or water, eggs, and butter. The dough is usually formed into small pucks and can be grilled, fried, and baked.

Depending on the region, Arepas are usually stuffed with cheese, eggs, or meats. This recipe follows Colombian-style arepas, which are stuffed with cheese. Colombians consider this food as a part of their cultural heritage and is considered a symbol of national gastronomic unity.

Serving Size: 4

Prep Time: 30 minutes

Cook Time: 30 minutes

Ingredients:

- 1 cup arepa flour
- 1 cup grated mozzarella
- 1 cup water, plus 2 tablespoons

- ¼ cup vegetable oil

Procedure:

1. In a medium sized mixing bowl, combine the flour, salt, and mozzarella until each ingredient is well distributed, add in the water and mix until it forms into a dough. Cover this and set aside to let the arepa flour absorb the liquid.
2. Once the dough is soft to form, measure 3 tablespoons of dough per each ball and flatten them using your palms, gently forming a ¼ inch patty. Make sure to press around the sides to eliminate any cracks. Transfer these patties to a parchment lined surface. Do this for the rest of the dough.
3. In a large nonstick or cast iron skillet, heat up your vegetable oil over medium heat. Fry the arepas by twos, turning only once. Cook until the color is golden on both sides, a total of 8-10 minutes per patty.
4. Blot the excess oil with paper towels.

Gallo Pinto



Gallo Pinto is a rice dish that originates from Costa Rica and Nicaragua. If you've been to a Latin friend's house and they served you rice and beans, then this is it! Gallo pinto directly translates to "Speckled Rooster," and it is called that because of the speckled appearance of the dish.

There are many variations of this dish in different parts of Latin America. Black beans are traditionally used to make this dish, but you may also use red beans. This dish is also a great way to stretch out your food if you're being frugal. Not only is it delicious, but it is also filling and the ingredients are fairly inexpensive!

Serving Size: 4

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients:

- 1 red bell pepper, chopped
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups black beans, cooked
- $\frac{3}{4}$ cup black bean cooking liquid
- 2 Tbsp. vegetable oil
- $\frac{1}{4}$ cup Salsa Lizano
- 3 cups day-old cooked rice
- $\frac{1}{4}$ cup cilantro, chopped

Procedure:

1. Heat up your oil in a nonstick skillet over the medium high heat and sauté the onion and bell peppers until the onion is tender and translucent. Add in the minced garlic and stir until fragrant.
2. Add in the black beans, salsa lizano, and black bean cooking liquid. Bring to a simmer and let cook until the liquid is reduced. Stir in the cooked rice and mix until everything is evenly distributed. Season with salt and pepper to taste.

Pastelitos de Guayaba Y Queso



Flaky, buttery, and just plain delicious. Pasteles or pastelitos is a pastry that hails from Cuba. The usual filling for this decadent treat can be savory or sweet! For this recipe, we are using Guava paste. Don't knock it 'till you've tried it! Guava paste has an amazing flavor that goes so well with cheese – which is why we are also adding it into the filling!

This dish is enjoyed with coffee in the morning or even as an afternoon snack. This is a breeze to make. We're using store-bought puff pastry for this recipe, but if you have the time to make your own – then it can be x10 better!

Serving Size: 4

Prep Time: 40 minutes

Cook Time: 20 minutes

Ingredients

- 8 oz. guava paste
- 8 oz. cream cheese

- 1 package puff pastry
- 1 Tbsp. refined sugar
- ¼ cup powdered sugar
- ½ cup eggwash

Procedure:

1. Preheat your oven to 400F and prepare a baking sheet lined with parchment paper. Lay out a sheet of the puff pastry on the baking sheet and evenly divide the guava paste and cream cheese on each imaginary square. Brush the sides of the puff pastry with eggwash and layer another sheet of pastry on top. Seal the sides. Cut each pastry square with filling and arrange them on the baking sheet leaving 1" of space per each pastry square.
2. Brush with egg wash before baking for 20-30 minutes or until the pastry is puffed up and golden in color.
3. Dust with powdered sugar and enjoy with café con leche!

Chilaquiles



Something with a kick for breakfast? Chilaquiles is a traditional Mexican dish that consists of corn fried corn tortillas that are simmered in salsa and topped with cheese, onions, eggs, and beans. This dish is usually eaten for breakfast and/or brunch.

Not only is this dish loaded with flavor, but it's also a great way to use up leftover corn tortillas from last night's dinner. This recipe shows you how to make basic Chilaquiles.

Serving Size: 8

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 20 pcs corn tortillas, cut into triangles
- 7 oz. hot salsa
- ½ cup Mexican blend cheese
- ¼ cup white onion, chopped

- 2 cups vegetable oil
- 6 eggs, beaten
- ½ cup water
- 2 tsp salt

Procedure:

1. In a large, deep skillet, preheat your oil to 350F. Fry the corn tortillas until golden brown and crisp. Drain on paper towels and set aside. Remove the oil from the deep skillet and lay the fried tortillas on the bottom. Pour in the eggs and season with salt and pepper. Cook over medium heat until the eggs look done.
2. Add in the salsa and water into the skillet, reduce heat and simmer until the sauce is reduced. Top with cheese and cook until the cheese has melted.

Bean, Chorizo & Cheese Molletes



There are many kinds of sandwiches all around the world, and each sandwich is a gem. This particular sandwich is called a mollete. Unlike bagels or smorrebrod – molletes have a stronger flavor because it hails from Mexico.

This can be easily made and will impress anyone if they're coming over for breakfast. All you need is an oven toaster and you're all set!

Serving Size: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 2 pcs bolillos or baguette, cut lengthwise
- 2 Tbsp. butter
- 1 ½ cup refried beans
- 1 cup mozzarella

- ½ cup chorizo, cooked

Procedure:

1. Preheat your toaster oven.
2. Slice the bread lengthwise, if not already done. Spread with butter and place on a baking sheet lined with parchment paper butter side down. Toast the bread and remove from oven once golden and crisp on the side. Spread beans and chorizo on the bread, top with the cheese.
3. Serve hot with salsa.

Papas con Chorizo



Potatoes. Breakfast would feel incomplete without a potato dish – and this one packs a punch! What could be better? This dish is a combination of fried potatoes, chorizo, and cheese. It's filling, tasty, and gives you loads of energy. The chorizo gives this dish life as the potatoes absorb the heat and flavor of the sausage. Serve this to your loved ones and you'll be surprised at how fast you'll put this in your breakfast rotation.

Serving Size: 2

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

- 8 cups water
- 2 Tbsp. canola oil
- 8 cups water
- 2 garlic cloves, chopped
- 1 small onion, chopped
- 3 russet potatoes, peeled and chopped
- 8 oz. chorizo, chopped or crumbled
- ¼ cup sharp cheddar cheese, shredded

Procedure

1. In a medium saucepan, bring water to a boil and add a pinch of salt. Cook the potatoes until tender. Drain and set aside.
2. Using a heavy duty skillet, heat oil over medium heat and sauté onion until soft and translucent, then stir in the garlic. Add potatoes and cook for another 5 minutes.
3. Add in the chorizo, and sauté making sure it's evenly distributed. Top with shredded cheese, cover, and cook for 5 more minutes. Remove the lid and serve hot!

Plantain and Cheese Empanadas



If you've never had an empanada in your life, then you're missing out. An empanada is a pastry that originates from Latin America. It's basically a heartier and healthier hot pocket. These tasty treats can be stuffed with anything that you want. Traditionally, it is stuffed with meat, cheese, and vegetables.

In Argentina, empanadas are usually served during festivals as appetizers. They use spices such as cumin and paprika to give the filling a little more heat. For this recipe, we are using plantains and cheese to make a breakfast variant. It's delicious, nutritious, and most of all – gets you through the day! You can even offer this to your vegetarian friends.

Serving Size: 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

- 8 cups of water
- 4 ripe plantains, washed and sliced.

- 1 egg
- ¼ cup all-purpose flour
- 1 tsp vanilla extract
- 1 cup mozzarella, shredded
- 1 Tbsp. granulated sugar
- 3 cups vegetable oil for frying

Procedure:

1. In a medium saucepan, boil the plantains with the skin over medium heat with a pinch of salt. Cook until the plantains are fork-tender.
2. Peel the skin off of the plantains and mash. You may also do this in a food processor. Once you have mashed plantains, add in the flour, egg, and vanilla extract. The consistency should be of a soft dough. Form 2” balls and flatten with your hand.
3. Add the cheese to the center of each disc and fold in half, sealing around the edges.
4. Preheat your oil to 375F, and fry the empanadas until golden brown on both sides.
5. Dust the cooked empanadas with sugar.

Breakfast Tostadas



Just like chilaquiles – tostadas are a great way to use up leftover tortillas from last night. Tostada literally means “toasted,” and it is served alongside stews. It’s Mexico’s version of toast! Since the tostada isn’t as sturdy as toast, it must have a paste-like topping such as mashed avocado or beans to hold the rest of the toppings that you want.

For this recipe, instead of using only one tortilla – you’ll be using two to make it heartier and to hold the heavier toppings such as the egg. This breakfast chilaquile recipe will definitely start your day right!

Serving Size: 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

- 1 cup vegetable oil
- 4 corn tortillas
- 1 oz. refried beans

- ¼ cup minced red onion
- 2 avocados, mashed
- 1 Tbsp. lemon juice
- ½ cup sharp cheddar cheese, grated
- 2 Tbsp. butter
- 4 eggs
- ½ cup salsa

Procedure:

1. In a large skillet, heat up your oil over medium high heat. Fry the corn tortillas two at a time until crisp on both sides. Do this with the other tortillas.
2. Heat up the refried beans in a separate pan and cook until simmering. Combine the avocados, red onion, lemon, and salt to taste. Set aside. Melt ½ Tbsp. butter in a small non-stick skillet. Fry an egg over easy.
3. Arrange the tortillas in this order: a spoonful of refried beans, cheese, and guacamole. Top with the fried egg and some salsa.

Perico



Perico, also known as “Huevos pericos” literally translates to ‘parrot eggs,’ but don’t worry! These are definitely not parrot eggs – they’re just similar in color! These scrambled eggs are dotted with green bell peppers and tomatoes. Some people like their perico spicy so hot peppers may also be added to the dish.

This dish can be a side to either tostadas or molletes.

Serving Size: 3

Prep Time: 5 minutes

Cook Time: 8 minutes

Ingredients:

- 1 onion, minced
- 1 green bell pepper, finely chopped
- 2 garlic cloves, minced
- 2 tomatoes, chopped and seeded
- 6 eggs, beaten
- 2 Tbsp. vegetable oil

- Salt and pepper to taste

Procedure:

1. In a large non-stick skillet, heat up the vegetable oil and sauté the onion until soft and translucent. Add in the garlic and bell pepper and stir until fragrant. Add in the chopped tomatoes and then cook for another 3 minutes or until the liquid has reduced. Reduce the heat and add in the eggs. Season with salt and pepper. Gently stir the eggs to scramble. Do not overcook.
2. Serve with arepas and deli meats

Honey Cornbread Muffins



Is there anything as American as Cornbread? Maybe Apple Pie -- but Cornbread is a staple in any southern dish. It is usually served alongside BBQ or Ribs, and it can also be a dessert. This is considered as a comfort food for many Americans that are living abroad, as cornmeal can be difficult to find in other countries – especially in Asia.

This recipe can be made sweeter to be served as a dessert, or not as sweet to be served as a side dish. There is nothing as satisfying as taking a bite out of warm cornbread that has honey and a pat of butter. It's sinfully delicious, and it's perfect as a grab and go breakfast (sans the honey drizzle, of course)

It can be a little messy to eat, but same goes for any great American dish, right? Why don't you indulge yourself and bake some of these for your family to enjoy together – lest you eat all of it.

Serving Size: 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

- 1 ½ cups all-purpose flour
- ¾ cup cornmeal, plus more for sprinkling
- ½ granulated sugar
- 1 Tbsp. baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- ½ cup unsalted butter
- 1 cup milk (or milk substitute)
- 2 large eggs
- ¼ cup honey, plus more for drizzling
- 2 Tbsp. vegetable oil
- 2 Tbsp. Greek yogurt

Procedure:

1. Preheat your oven to 400F. Grease your muffin pan with non-stick cooking spray or butter and flour the pan. Shake any excess flour off.
2. While your oven is preheating, add in your dry ingredients in a large bowl. Whisk together to combine. In a separate microwave-safe bowl, melt the butter for about a minute on high power. Allow the butter to cool until it becomes room temperature. Mix in the rest of the wet ingredients with the melted butter and whisk until there are no streaks remaining. Pour the butter mixture onto your dry ingredients and fold with a spatula to combine. Make sure to not overmix.
3. Using a ¼ measuring cup or cookie scoop, fill the muffin plans until ¾ full. Before baking, add in a pinch of cornmeal. Bake at 400F for about 8-10 minutes, then reduce temperature to 350F and bake for another 7-8 minutes, or until the tops are golden brown and domed. Insert a toothpick in each muffin to ensure doneness.
4. Allow the muffins to cool, and drizzle on some honey before serving.

French Toast Sticks



French toast is one of the classic breakfast dishes out there, but let's be real – it's so messy to eat! If only there was a way to make it a little more kid-friendly and a little less soggy.

These French toast sticks are a great way to use up day-old bread. It's easy to make and it can feed a lot of people! Making these into sticks or slices makes the texture a little more balanced since you're not cutting into a soggy piece of bread. Every stick has the right amount of crispness and softness.

Serving Size: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 6 slices Brioche bread
- 4 eggs
- 1 cup milk
- 1 tsp vanilla extract

- 1 tsp ground cinnamon
- 2 Tbsp. refined sugar
- ¼ tsp salt
- 4 Tbsp. butter, for frying

Procedure:

1. In a medium mixing bowl, whisk the milk, eggs, vanilla, and salt until fully combined. Slice the brioche bread into wide strips. Dip the bread into the egg mixture until the outer layer is coated, let the excess liquid run off. Fry in butter in a non-stick pan over medium high heat. Do this for the rest of the breadsticks, slicing more brioche if desired.
2. Once all the bread is cooked, sprinkle with cinnamon sugar. Serve with fresh berries and syrup.

Greek Yogurt Overnight Oats



This recipe is for all the busy-bees out there. Don't like waking up first thing in the morning to cook? Say no more! Overnight oats can be the answer to your woes. The great thing about overnight oatmeal is that you don't get mushy, and soggy oatmeal! Make sure to use old fashioned rolled oats to make sure that the oatmeal does not get too mushy.

The greek yogurt adds a great flavor to this recipe. When you're ready to eat it – top with your favorite nuts, berries, and a drizzle of honey. Enjoy!

Serving Size: 1

Prep Time: 10 minutes

Ingredients

- ½ cup old fashioned rolled oats
- ½ cup milk
- ¼ cup Greek yogurt
- 2 Tbsp. honey

Procedure:

1. Combine ingredients together and store in an airtight jar. Leave in the refrigerator overnight.
2. Serve this with slivered almonds, berries, and a drizzle of honey.

Lemon Poppyseed Pancakes



Lemon and Poppy seed are a classic combination in baked goods. Why not turn them into breakfast? The base for this recipe is a fluffy buttermilk pancake and features the tangy flavor of lemon and a hint of nuttiness from the poppy seeds. Perfect for summer, you can serve this with fresh berries and a cream cheese glaze.

Serving Size: 3

Prep Time: 8 minutes

Cook Time: 15 minutes

Ingredients:

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{4}$ cup whole wheat flour
- 3 Tbsp. granulated sugar
- $1\frac{1}{2}$ tsp baking powder
- 1 cup buttermilk
- 2 Tbsp. lemon zest
- $\frac{1}{2}$ tsp baking soda
- 3 Tbsp. melted butter
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ cup lemon juice
- $1\frac{1}{2}$ tsp vanilla extract

- 1 egg
- ¼ cup poppy seeds

Procedure:

1. In a large mixing bowl, whisk together the buttermilk, lemon zest, lemon juice, butter, vanilla extract, and egg. Once fully combined, fold in the poppy seeds. In a separate bowl, toss the dry ingredients together. Make a well and add in the buttermilk mixture. Mix, but do not overdo it.
2. Heat up a non-stick pan over medium heat and melt a tablespoon of butter. Cook the pancakes, flipping once the top is bubbly.
3. Serve with your favorite fruit, a pat of butter, and some syrup.

Ricotta Pancakes



Let's face it – pancakes are the ultimate breakfast dish, but it gets kind of old quickly. A great way to change it up is to add ricotta. The flavor of the ricotta really adds another depth to your usual pancakes recipe. It also makes it a little more sophisticated.

You can serve this with your favorite fresh fruit and with sweet cream on top. Enjoy with a hot beverage.

Serving Size: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 30oz ricotta
- 1 large egg
- 1 tsp vanilla extract

- ½ cup granulated sugar
- 1 ½ cups all-purpose flour
- 2 Tbsp. Vegetable Oil (for frying)

Procedure:

1. In a large mixing bowl, combine the ricotta, vanilla, and egg until mixed well. Add in the sugar and beat until well incorporated. Fold in the flour and baking powder. In a separate bowl, pour in extra flour to dust the dough with.
2. Use an ice cream scoop for the dough so you will have the same size for every pancake. Scoop the dough and drop it in the flour mixture to coat. Shape them into flat discs using your palm. Fry in the oil for about 3 minutes per side or browned.
3. Serve with jam.

Berries and Cream Cheese Breakfast Pastries



What's better than waking up late on a weekend, putting on your favorite TV series and just lying on the couch for the rest of the afternoon? The only thing missing is something to munch on.

These breakfast pastries are great because you can make them the day before and they'd still taste amazing on the next day. You don't even have to warm them up because they're wonderful even when they're cold!

The cream cheese and berries go so well together in this recipe as the berries cuts the richness of the cream cheese. There is also lemon zest that gives the whole thing a little more zing. Enjoy with your favorite breakfast beverage!

Serving Size: 4

Prep Time: 30 minutes

Cook Time: 15 minutes

Ingredients:

- 1 package frozen puff pastry, thawed
- 1 ½ cups assorted berries

- 1 large egg
- 6 oz. cream cheese, room temperature
- 2 Tbsp. sugar
- 2 tsp lemon juice
- 1 tsp lemon zest
- 1 tsp vanilla extract

Procedure:

1. Preheat your oven to 400F and prepare a baking sheet by lining it with a parchment paper.
2. Using a mixer, beat together the sugar, cream cheese, vanilla extract, lemon juice and zest until the sugar is well incorporated with the cream cheese. Unfold the pastry sheets onto a floured surface. Flatten with a rolling pin. Then cut out circles using a 4” cookie cutter and transfer onto the baking sheet, leaving about 2” of space in between them. Using a small knife, score a round border a quarter inch from the edge of the circle and prick the middle of the pastries. Spread your cream cheese mixture on the inside of the circle and top with the berries.
3. In a separate small bowl, whisk the egg with a tablespoon and water and brush these pastries with the egg wash. Bake in the oven for about 15 minutes or until puffed and golden.
4. Remove from the oven and cool for a few minutes before transferring to a baking rack.

Cinnamon Banana Bread



What will you do with those overripe bananas just sitting on your kitchen counter? Make Banana Bread, of course! This recipe isn't your plain 'ol Banana Bread recipe as it has a kick of cinnamon in it. These flavors go so well together that you won't be making just plain Banana Bread after you've tried this.

If you're feeling a little more adventurous, try making a cinnamon paste and swirl it around the batter to make this bread a little more cinnamon-y.

Enjoy with tea or coffee.

Serving Size: 6

Prep Time: 15 minutes

Cook Time: 1 hour

Ingredients:

- 1 ½ cups mashed bananas
- 1 cup unsalted butter, melted
- 1 cup granulated sugar
- 1 tsp vanilla extract

- 2 large eggs
- 2 cups all-purpose flour
- 1 tsp baking soda
- 2 Tbsp. ground cinnamon

Procedure:

1. Preheat your oven to 350F and prepare a 9x5-inch loaf pan by lightly greasing and dusting with flour. Set aside.
2. In a large bowl, combine the sugar, eggs, melted butter, and vanilla extract. Mix until the sugar and butter are fully incorporated. Fold in the flour, baking soda, and cinnamon powder.
3. Pour in the prepared baking pan and bake for about an hour or until a tooth pick inserted into the center has come out clean. Remove from oven and let cool in the pan for about 30 minutes before transferring to a wire rack to cool down completely.

Blueberry Crumb Cake



Crumb Cake is not as popular as Devil's Food cake or your run of the mill sponge cake, but it should be! What makes this cake so special is the streusel topping that you usually get on top of pies. Imagine a crumble topping but on cake. Now, who wouldn't want that?

This recipe features the wonderful flavor of Blueberry which makes you think that you're eating a pie and a cake at the same time. You can serve this for breakfast as it does not have too much sugar, and you can even serve this for afternoon tea.

Serving Size: 5

Prep Time: 20 minutes

Cook Time: 40 minutes

Ingredients:

- 9 oz. all-purpose flour
- ½ cup granulated sugar
- 2 tsp baking powder

- ½ cup milk
- 1 egg, beaten
- ¼ cup butter, softened and cubed
- 1 tsp lemon zest
- 2 cups blueberries
- ¼ cup all-purpose flour
- 1/3 cup brown sugar
- ½ tsp ground cinnamon
- ¼ cup chopped nuts
- 3 Tbsp. cold butter

Procedure:

1. Preheat your oven to 350F and prepare a 9” glass square baking dish by greasing and dusting flour to coat the surface.
2. In a large mixing bowl, combine the flour, baking powder, and granulated sugar. Add in the milk, lemon zest, and butter. Mix using a spatula or your hands until you have a dense and sticky batter. Do not add more liquid as the batter should be very thick.
3. Fold in the berries and pour into the prepared baking dish.
4. To make the streusel topping, combine the flour, sugar, cinnamon, and nuts in a food processor and blitz until you have the texture of sand. Add in the cold butter and blitz until crumbly. If doing by hand, you may “cut” the butter in using a knife. The streusel should be ready when you are able to press the crumble together with your fingers.
5. Sprinkle the crumble over the top of your cake batter.
6. Bake for 40 minutes or until a toothpick comes out clean when inserted in the middle.

Apple Pie Oatmeal



Ever wish that you could have apple pie for breakfast? Say no more! This oatmeal recipe has all the flavors of an apple pie. This simple breakfast dish features chia seeds that provide a little more texture than just plain 'ol oatmeal. Since chia seeds have a lot of nutritional benefits, you can have your cake – in this case, apple pie flavored oatmeal and eat it too!

No, this is not your average apple cinnamon flavored oatmeal. The fresh chopped apples really make a difference in this recipe!

Serving Size: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 1 cup rolled oats
- ½ Tbsp. chia seeds

- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cardamom
- 2 ½ cups water or almond milk
- 2 Tbsp. honey or maple syrup
- ¼ cup minced apples
- ½ tsp vanilla extract

For the topping

- 1 Tbsp. butter
- 1 large apple, chopped
- ½ Tbsp. maple syrup
- ½ tsp cinnamon
- 2 Tbsp. Chopped walnuts

Procedure:

1. In a small saucepan, melt the butter and sauté the apples. Add in the maple syrup and cinnamon and stir until the apples are coated and starts turning soft. Remove from heat and set aside.
2. In a separate saucepan, combine the oatmeal, chia seeds, spices, liquid, maple syrup, and minced apples and cook over medium heat, stirring occasionally until the oatmeal thickens. Stir in the vanilla extract and remove from heat. Serve in bowls and top with the cooked apples and chopped walnuts.

Choco-Banana Breakfast Bars



Chocolate and Banana. This combination should be as famous as Peanut Butter and Jelly. These breakfast bars are not only a great way to give you an energy boost at any time of the day, but they are absolutely delicious as well. This recipe uses whole wheat flour and old fashioned rolled oats which makes these bars fiber-rich.

They are a great grab and go breakfast or snack and will satisfy anyone who's looking to fuel their energy especially if they don't have the time to sit and eat.

Serving Size: 8

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients:

- 2 overripe bananas, mashed
- ¼ cup coconut oil
- ¼ cup brown sugar, packed
- 1 large egg

- 1 tsp vanilla
- ½ tsp salt
- ½ tsp baking soda
- ½ cup whole wheat flour
- 2 Tbsp. cocoa powder
- 1 cup old fashioned rolled oats
- ¼ cup dark chocolate chips

Procedure:

1. Preheat your oven to 350F and prepare a 9x9 baking pan with a non-stick cooking spray and a parchment paper.
2. In a large mixing bowl, combine the mashed banana, coconut oil, brown sugar and mix until well incorporated. Mix in the egg and vanilla extract. Fold in the flour, cocoa powder, oats, and mix until smooth. Do not over mix. Pour into the prepared pan
3. Bake for about 20 minutes or until the center is set and the edges are browned. While the breakfast bars are cooling, melt the chocolate in a microwave in 30 second intervals or melt in a double broiler. Drizzle once cooled.

Loco Moco



Loco Moco is a dish that originates in Hawaii. It's a simple, but delicious dish that consists of white rice, a hamburger patty, a sunny side up egg and gravy. Loco Moco was created at the Lincoln Grill located in Hilo, Hawaii back in 1949 by its proprietors. It is believed that this dish was born because of some teenagers looking for something more than a sandwich to eat.

The teenagers named the dish after one of the members of their group! Loco Moco is extremely popular in Hawaii and is almost always on the menu of every restaurant in the island.

Serving Size: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- ½ pound ground beef
- 4 Tbsp. vegetable oil
- 1 tsp garlic powder
- 1 tsp onion powder

- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 egg
- 1 cup chicken stock
- Cooked Rice
- Salt and pepper to taste

Procedure:

1. In a medium stainless steel bowl, mix together the ground beef, garlic and onion powder, salt and pepper. Once thoroughly combined, form the meat mixture into patties, make an indentation in the middle of the patty and chill in the fridge for 10 minutes.
2. Once chilled, heat up the vegetable in a skillet over medium heat, and cook the burgers.
3. Once cooked, set aside and let rest. Discard half of the oil on the skillet and put back on the heat. Combine the flour and butter to make a roux. Add the stock in the pan and let simmer. Whisk in the roux and keep whisking until it is dissolved and the stock thickens into a gravy.
4. Fry the egg. Scoop a cup of rice, place the burger on top, pour some gravy, and serve with the egg.

Baked Potatoes and Eggs



Everyone loves a good potato dish! Cook it with eggs, and you have yourself a hearty breakfast. This recipe uses lots of butter, garlic, cheese, and parsley to make the potatoes creamy and super flavorful!

It's also easy to make. If you want your potatoes extra crispy, boil them first before baking them in the oven.

Even picky eaters will love this dish!

Serving Size: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 1 ½ pounds potatoes, chopped

- 3 tsp garlic, minced
- 8 eggs
- 3 Tbsp. butter
- ¼ cup fresh parsley, minced
- 2 tsp garlic salt
- 1/8 tsp black pepper
- ¾ cup extra sharp cheddar cheese, shredded

Procedure:

1. Preheat your oven to 400F. Using an ovenproof skillet or a cast iron pan, melt the butter over medium heat. Add in the potatoes and cook until tender. Add the parsley, garlic, and seasonings and sauté until everything is fully incorporated.
2. Make a few wells over the potato mixture and pour in the eggs into each well. Bake for about 10-12 minutes. Remove from the oven and top with cheese. Broil for another minute or until the cheese is melted and browned.

Cheesy Breakfast Quiche



Some people might think that quiches are too difficult and too fancy to make for breakfast, and they're wrong! Quiche can be the perfect breakfast food as its main ingredient are eggs, right?

Add breakfast meats and melted cheese, and you've got yourself a delicious make-ahead breakfast that everybody will appreciate. Move over toast and eggs!

Serving Size: 8

Prep Time: 10 minutes

Cook Time: 45 minutes

Ingredients:

- 6 eggs
- 1 cup milk
- ½ cup all-purpose cream
- 1 pound cooked bacon, chopped
- 1 cup mozzarella cheese, shredded
- 1 store bought pie crust

- salt and pepper to taste

Procedure:

1. Preheat your oven to 375F.
2. In a large bowl, whisk together the eggs, half of the bacon and cheese, milk, and cream. Set aside. In a 9" pie plate, lay out the pie crust and cut off the excess. Pour the quiche mixture onto the pie plate. Bake for 20 minutes. Take out the quiche and top with the rest of the cheese and bacon. Put back in the oven and bake for another 25 minutes or until raised and golden brown.
3. Let rest and cool for about 10 minutes. Cut and serve!

Breakfast Pizza



Who wouldn't love pizza for breakfast? Honestly, it's not that difficult to make. You can even freeze this and put it in the oven in the morning. The sauce is made from eggs and milk so it won't give you a stomachache as opposed to having a tomato-based pizza.

You can add vegetables and even other breakfast meats to this pizza!

Serving Size: 6

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

- 3 eggs
- 6 oz. sharp cheddar cheese, grated
- 6 oz. mozzarella cheese, grated
- 3 oz. ham, sliced
- 3 oz. bacon, chopped
- 5 oz. breakfast sausage, crumbled

- 1 store bought pizza dough

Procedure:

1. Preheat your oven to 475F. Roll your pizza dough until it's about 1/4" thick. Set aside
2. Whisk together the eggs and milk, and spread over the top of your pizza. Add in the ham and crumbled breakfast sausage.
3. Top with the cheddar, mozzarella cheese, and bacon.
4. Bake for about 7-10 minutes or until the crust is browned and the toppings look set. Garnish with chives.

Avocado Toast



Avocado is nature's butter, so why not spread it on toast? This simple but healthy and delicious dish has been trending on the internet for quite some time now, and that is because it is so easy to make! It fills you up in the morning and it's loaded in healthy fats that will get you through the day. The crushed red pepper flakes and olive oil elevates the flavor and makes it more complex. Top with flaky sea salt and fresh cracked pepper.

Serving Size: 2

Prep Time: 15 minutes

Ingredients:

- 1 ripe avocado
- 1 lime
- ½ cup tomato, diced
- ½ cup cilantro, chopped

- 4 slices whole grain bread
- 1 Tbsp. Olive oil
- ¼ tsp crushed red pepper flakes
- salt and pepper to taste

Procedure:

1. In a medium mixing bowl, mash the avocados. Mix in the tomatoes and the juice of 1 lime. Set aside
2. Toast your bread and spread the avocado mixture over it. Season with salt and pepper, cilantro, red pepper flakes, and a drizzle of olive oil.

Breakfast Rolls



There are some days where it's just too much of a hassle to cook up a delicious breakfast – but this recipe can make everything so much easier! You might only be familiar with the classic cinnamon roll, but this recipe is for people who want their breakfast savory.

Loaded with two kinds of cheese, breakfast sausage, and eggs – you would always want this stocked up in your fridge in case you need a grab and go breakfast.

Serving Size: 6

Prep Time: 25 minutes

Cook Time: 15 minutes

Ingredients:

- 1 package crescent rolls
- 2 Tbsp. melted butter
- 1 cup sharp cheddar cheese, grated
- 1 cup mozzarella cheese, grated

- 1 ½ cups bacon, chopped
- ¼ cup green bell pepper, finely chopped
- 1 cup crumbled breakfast sausage
- 4 eggs, scrambled and crumbled

Procedure:

1. Preheat your oven to 400F
2. Lay out the crescent rolls and brush the melted butter over it. Add the cheddar cheese as your first layer, then the bacon and bell peppers, then the mozzarella cheese, and add the breakfast sausage and scrambled eggs. Roll them up and secure. Slice into 1” pieces.
3. Prepare a lined baking sheet and place the rolls leaving about an inch of space between them. Brush with eggwash or butter. Bake for 12-15 minutes or until the pastry looks done.

Potatoes with Bacon and Caramelized Onions



This dish features the amazing flavors of salty bacon and sweet caramelized onions in a potato dish. It starts with thinly sliced potatoes, then soft and tender onions and finally topped with salty and crisped bacon. It is best to use a clear Pyrex casserole dish for this recipe so you can see the layers of potato, bacon, and onion – but any oven-proof dish will suffice.

Any person would love to have this for breakfast or even as a side to a steak dinner.

Serving Size: 4

Prep Time: 15 minutes

Cooking Time: 1 hour

Ingredients:

- 2 pounds potatoes, sliced thinly
- 8 oz. cooked bacon

- 2 large onions, chopped
- ¼ cup butter
- 2 cloves garlic, minced
- ¼ cup cheddar cheese

Procedure:

1. Preheat your oven to 350F and spray an 11x7 baking dish with non-stick spray.
2. In a medium-sized pot, cook the onions in the butter over low heat until completely soft and brown in color. Stir in the garlic and the bacon and sauté until fragrant and well-incorporated.
3. Layer the potatoes and onion mixture in the casserole dish, top with a few pats of butter, cheddar cheese, and bacon. Bake for about 1 hour until the potatoes are golden and cooked all the way through.

Sausage and Pancake Muffins



Pancakes and Sausage go together so well because of the flavors that contrast each other. The sweetness of the pancakes totally complements the meaty and salty flavor of the sausage. Now, what would happen if you put them together in one convenient dish?

This recipe is the perfect sweet and savory breakfast. Since they're so easy to eat, it's really hard to just have one.

Serving Size: 8

Prep Time: 20 minutes

Cooking Time: 15 minutes

Ingredients:

- 1 lb. breakfast sausage, crumbled
- 1 cup All-Purpose Flour
- ½ tsp baking soda
- 1 tsp baking powder
- 1 Tbsp. granulated sugar

- 1 large egg
- 1 cup milk
- 1 tsp butter, melted

Procedure:

1. Preheat your oven to 400F and spray a standard 12 cup muffin tin with non-stick cooking spray. In a small pan, cook the crumbled breakfast sausage until browned and a little crisped. Drain and set aside.
2. In a medium-sized mixing bowl, sift together the flour, baking soda, baking powder, and sugar. Make a well in the center and pour in the egg, milk, and melted butter. Mix until the dry and wet ingredients are completely incorporated.
3. Pour the batter into the muffin tin and top with the crumbled breakfast sausage. Bake for 10-12 minutes until the muffins are golden brown and have risen. Remove from oven and cool for 5 minutes before removing from the tin.
4. Serve with maple syrup.

Stuffed Breakfast Peppers



Stuffing a pepper is such an ingenious way to make a picky eater eat their vegetables. This dish is healthy and delicious at the same time – not to mention that it's also pleasing to the eye! These peppers are stuffed with ham, eggs, cheese, and spinach. They are also baked in the oven so the peppers develop a very sweet flavor that complements the salty ham and cheese.

Serve this to your loved ones to make sure that they have a delicious and healthy way to start their day!

Serving Size: 3

Prep Time: 15 minutes

Cooking Time: 45 minutes

Ingredients:

- 3 bell peppers, halved and cleaned
- 4 eggs
- ½ cup half and half
- 1 tsp salt

- ¼ cup spinach, chopped
- ¾ cup colby or cheddar cheese
- ½ cup cooked ham, chopped

Procedure:

1. Preheat your oven to 350F and line a baking sheet with parchment paper or if using a baking dish, spray with non-stick cooking spray.
2. In a medium-sized bowl, mix together the eggs, half and half, salt, spinach, and ham. Lay the peppers on the baking dish or sheet and pour the mixture into the peppers. Sprinkle with cheese and top with a little more ham.
3. Bake for about 45 minutes or until set.

Breakfast Sliders



Sliders are the best way to feed a hungry crowd, which is perfect if your child hosts a sleepover! Using Hawaiian breakfast rolls takes away all the work of making your own bread since it has a great flavor to complement the salty sausage patties.

You can buy these pre-made sausage patties in your frozen food aisle. You just have to put all of them together and voila! You have yourself some sliders.

Serving Size: 4

Prep Time: 5 minutes

Cooking Time: 25 minutes

Ingredients:

- 2 packages (12 oz.) pork sausage patties
- 1 package Hawaiian dinner rolls
- 8 slices American cheddar cheese
- 6 slices pepper jack cheese
- 8 eggs, scrambled

- ½ cup melted butter
- ¼ cup maple syrup

Procedure:

1. Preheat your oven to 350F.
2. In a cast iron pan or large skillet, cook the sausages over medium heat. Cut the Hawaiian rolls in lengthwise and place the bottom half onto a 9x13” baking dish.
3. Layer on the scrambled eggs onto the rolls, then the pepper jack cheese, then the sausage patties. Top with the cheddar cheese and place back the top buns.
4. In a small mixing bowl, whisk together the butter and maple syrup. Brush over the tops of the sliders and bake for about 20 minutes until the cheese is melted.
5. Cut and serve!

Conclusion

Now that you know about these recipes, you will be able to put new dishes into your breakfast rotation. Some of these dishes are conversation starters that will help your children and your friends learn various things about the different cultures and traditions from around the world.

Some of these recipes might be difficult and some ingredients may be hard to find, but once you've got the hang of shopping at your local Asian market or familiarizing yourself with new and exciting ingredients, you will get to experiment with new dishes using the knowledge that you've obtained from this recipe book.

Thank you and good luck.

About the author

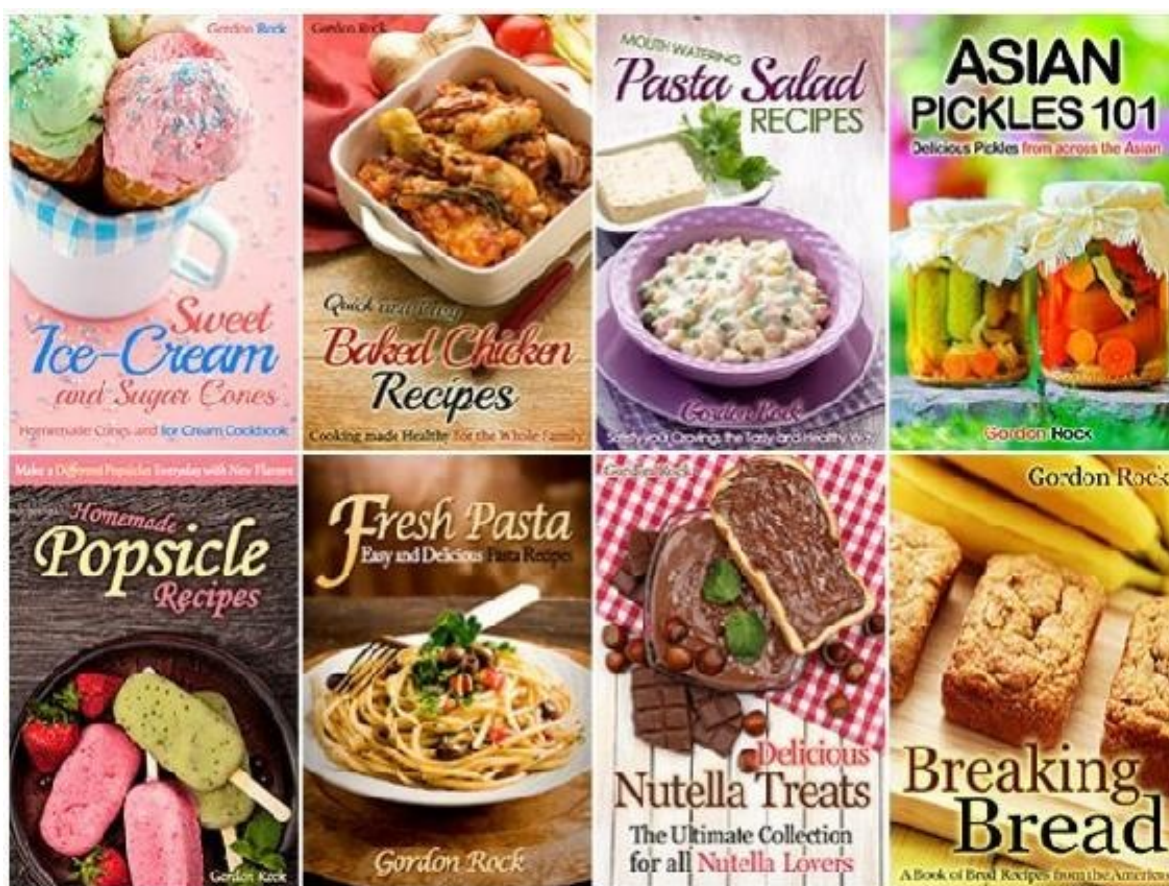


Gordon Rock is the author for hundreds of cookbooks on delicious meals that the 'average Joe' can attempt at home. Including, but definitely not limited to, the Amazon Prime bestseller "Smoking Meat: The Essential Guide to Real Barbecue".

Rock is also known for other well-known titles such as "Making Fresh Pasta", "Hot Sauce", "The Paleo Chocolate Lovers" and "Vegan Tacos", just to name a few.

Rock has been nominated for various awards and has recently been offered a 'Question & Answers' column in Food and Wine Magazine that will give him a greater medium to respond to all the queries readers may have after attempting his recipes. He has also been honored by the Institution of Culinary Excellence for his outstanding recipes.

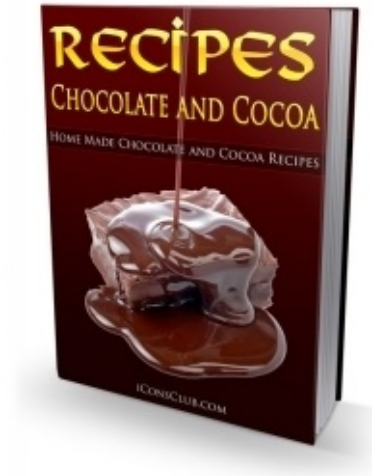
Gordon Rock grew up in the outskirts of Los Angeles in California, where he graduated from the Culinary Institute of America with honors. He still resides there along with his wife and three kids. He operates a non - profit organization for aspiring cooks who are unable to finance their culinary education and spends practically all his spare time either in the kitchen or around his desk writing.



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