

Yalbury Cottage

hotel and restaurant

No, I am not going to go on about losing those un-wanted pounds you have put on over the festive season by over indulging!! That is your own fault... You can sort it out, whichever way you feel fit to.

No, instead I am going to give you some ideas of how to pile on the pounds even more!!

BREAKFAST!

The word breakfast means to "break the fast" the first meal, be it of the day or a life- time. When you get married the lunch is often know as the "Wedding Breakfast".

As everyone knows it is the most important meal of the day, and its true. If you do want to loose weight the worst thing you can do is miss out on breakfast. So to celebrate National Farmhouse breakfast week from the 25th-31st January 2009 you can make it your New Years resolution to have breakfast every morning. It does not need be such a drag and you may find that you really enjoy it. All be it a bowl of cereal like cornflakes (I always forget how good they taste) or a slice of toast and marmite (love it, hate it), but there is a more interesting side, a more fun side and a more sexy side to having breakfast. Those demanding teenagers of yours deserve a little more of an interesting breakfast. I call it "TO GO", always getting out of bed at the very last minute and then off, quick as a flash. I am thinking freshly squeezed carrot and apple juice, healthy bran muffins and granola bars.

For the kids I am thinking more fun, and trick them in to having something more healthy, carrot and walnut muffins, porridge with apple compote, Weetabix with banana split.....

As for Sexy.....YES, I'm talking breakfast in bed, When was the last time you surprised your partner with breakfast in bed? Do not wait until you have messed up after an office Christmas party. Be spontaneous. Bucks Fizz, boiled egg and soldiers, pancakes with maple syrup, oh yes, we can see where this is going.... Then off down the club for a round of golf!

One tip for breakfast in bed is not to have croissants, you get crumbs all over the bed and they find themselves everywhere...

Here are some more ideas to tickle your taste buds:

- American style pancakes with maple syrup and crispy bacon
- Belgium waffles with fruit compote and clotted cream
- Kedgeree
- Smoked Haddock with poached egg and chive butter sauce
- Smoked salmon scrambled eggs on toasted English muffins with lashings of melted butter
- Brioche egg bread flavoured with cinnamon and orange maple syrup
- Porridge with white chocolate and apple compote
- Boiled egg with crispy breaded asparagus spear soldiers
- Kippers with creamy scrambled eggs and parsley
- Smoked salmon on toasted English muffins with poached eggs and Hollandaise sauce
- Apple compote with vanilla crumble
- Yoghurt and Honey oat stack
- Hash potatoes with fried ham and eggs

BREAKFAST RECIPES

Here are some recipes to get you started, enjoy your breakfast and have a nice day!

Jamie

PANCAKES AMERICAN STYLE

Ingredients

600g Self-raising All-Purpose flour
1 tsp Salt
1 tsp Bicarbonate of soda
50g Sugar
750ml Buttermilk
250 ml Milk
115g Butter
4ea Eggs
1 tbsp Vanilla extract

Method

Sift the dry ingredients together
Combine the wet ingredients and add to the dry
Mixture should be slightly lumpy
Pour into hot frying pan, slightly oiled, 4" in diameter and cook until golden brown on both sides.

WAFFLE BATTER

Ingredients

500g Soft flour
50g Sugar
6ea Whole eggs
750g Milk
180g Melted butter
180g Egg whites
Pinch of salt

Method

Combine flour, sugar, whole eggs, milk and butter
Whip together the whites and the salt, and fold into the mixture
Pour into hot waffle machine.

KEDGEREE

Ingredients

50g Butter
3ea Spring onions, chopped
2tsp Curry powder
150g Rice
125g Smoked Trout, cut into cubes
100ml Cream
150ml Chicken stock
2ea Eggs, hard boiled
Handful fresh parsley, chopped
Handful fresh chives, chopped

Method

Melt butter in large saucepan and add spring onions, frying until soft
Add curry powder and rice and stir well
Add chicken stock and bring rice to boil. Cook for 5 minutes
Before taking rice off the boil, add the haddock, cream and parsley
Serve in a bowl, topped with sliced boiled egg and chopped chives.

BREAKFAST RECIPES

PANNETONE WITH ORANGE SYRUP

This is a great way to use up the left over panettone from Christmas.

Serves 4 people

4 large pieces Pannetone

200ml Milk

3 Eggs

40g Sugar

Pinch of cinnamon powder

Zest of 2 oranges

Method

In a bowl whisk together eggs, sugar, cinnamon and orange zest. Step by step add the milk. Place in the fridge

Cut 3 large pieces of Pannetone and plunge them into the mixture. Toast them from both sides in a hot non-stick frying pan with a little vegetable oil until golden brown.

Orange Syrup

50ml Maple syrup

Segments and juice of 2 oranges

Method

Bring to boil the maple syrup until reduced by half. Add the segments and the juice, return to boil and pour over the Pannetone and serve warm dusted with icing sugar.