

RESTAURANTS | RECIPES | WINES | FOOD | TRAVEL

EAT[®]

Smart. Local. Delicious.

featuring

**NEW YEAR,
NEW BREAKFAST
BOWL**

**Power up your
morning**

**+ COOK LIKE A
CHEF**

**The morning after
pancakes**

**IN DEFENCE OF
SAUSAGE**

North African spices



Savoury winter spinach oatmeal

Savoury Winter Spinach Oatmeal



- Toast oats before cooking to layer in nutty flavour.
- Infuse milk with fresh herbs.
- Be daring! Mix in other grains like wheat berries, millet or freekeh.

good morning.
the breakfast revolution is served.

BREAKFAST 2.0

To face the new year, or just winter, head on, you're gonna need a breakfast that powers up. Both of these recipes feature oats, a traditional breakfast staple. Satisfying oatly porridge is still on the menu, just with a *savoury* makeover. Dark green veggies have replaced traditional fruit and, of course, there's an egg on it now. Crisps are traditionally considered desserts, but you just may want to eat this one for breakfast. The fruity oatiness and cinnamon labneh cries out for a cup of morning coffee. Heck! This stuff is good *anytime* of the day, or night.

Recipe on the following page

Text, recipes by JENNIFER DANTER
Food styling by JENNIFER DANTER
Photography by MICHAEL TOURIGNY
Art Direction by JENNIFER DANTER & GARY HYNES

Salted Maple Apple Crisp with Cinnamon Labneh



Savoury Winter Spinach Oatmeal

The key to wicked savoury oats is the blending of different flavours and textures. Sounds like a lot of work, but if you prep ahead and make big batches, then the morning is really about assembling or reheating. Live large and double the recipe. This stuff keeps at least a week in your fridge.

Serves 4

- 1 cup steel-cut oats
- 3 cups good chicken broth
- 1 cup cooked red or black quinoa
- 1 cup Spinach Pesto (recipe below)
- 4 soft boiled or poached eggs
- 1 avocado, sliced

Dry toast oats in a large deep skillet or saucepan set over medium heat. Stir often until fragrant and toasty, about 2 min. Stir in broth and bring to a boil. Reduce heat to medium. Partially cover and simmer, stirring often until liquid has been absorbed. You want it a little soupy. Fold in quinoa and Spinach Pesto. Spoon into bowls and top with eggs and avocado. Dollop with Frothy Sage Milk (see below) if you wish.

Frothy Sage Milk

Serves 4

In a saucepan, gently heat about 1 cup 2% milk with a handful of fresh sage, thyme, tarragon or rosemary sprigs until warm. Let cool to room temperature, then refrigerate overnight. Discard sprigs, then pour cold milk into a Mason jar. Fill jar halfway full so there's room to make foam. Screw on lid, then shake the bejeezus out of the jar so the milk is frothy and doubled in volume. (Or just use a milk frother.) Remove lid and microwave on high for 30 seconds. Pour warm milk over oatmeal, and then spoon the foamy bit on top.

Spinach Pesto

Makes about 2 cups

- 2 big bunches fresh spinach or kale leaves, stemmed, washed and coarsely chopped, about 8 cups
- 1/4 cup toasted pine nuts
- 1/4 cup toasted almonds
- 1-2 garlic cloves, minced
- 1 lemon
- 1/4 cup olive oil
- 1/4 cup grated pecorino
- Sea salt, to taste

Place nuts in a food processor and pulse to finely chop. Working in batches, add handfuls of spinach and pulse until well chopped. Add garlic. Grate in 1 tsp zest from lemon, then squeeze in juice. With motor running, gradually add oil and whirl until smooth. If needed, add a little water. Turn into a bowl and stir in cheese. Taste and add salt.

Salted Maple Apple Crisp with Cinnamon Labneh

This is what would happen if granola met an apple over breakfast and they fell in love.

Apples

- 4 Granny Smith apples, halved, cored
- 1 1/2 Tbsp each maple syrup and olive oil
- Coarse sea salt, to taste

Crisp

- 1/2 cup rolled oats
- 1/4 cup pepitas (shelled green pumpkin seeds)
- 1/4 cup chopped walnuts
- 1/4 cup dried cranberries
- 2 tsp each hemp and flax seeds
- Pinches of sea salt [*TIP try smoked salt*]
- 2 Tbsp each maple syrup and brown sugar
- 1 Tbsp olive oil
- 1 cup Cinnamon Labneh (recipe below)

Arrange oven racks in upper and lower thirds of oven, then preheat to 375°F. Place apples, cut-side up, on a baking sheet lined with parchment paper. Mix together 1 1/2 Tbsp each maple syrup and olive oil, then brush over apples. Roast on upper rack until soft, 20 to 30 minutes. Remove from oven and sprinkle with sea salt.

While apples are roasting, on another baking sheet lined with parchment paper, mix oats, pepitas, walnuts, cranberries, hemp, flax and a pinch of salt with 2 Tbsp each maple syrup and brown sugar, and 1 Tbsp olive oil. Roast on lower rack, stirring occasionally, until toasty, 10-15 min. let cool, then break into smaller pieces.

To serve, spread Cinnamon Labneh on bottom of bowls, top with warm apple and then crumble oat mixture overtop.

Cinnamon Labneh

Make the labneh a day before serving so it thickens and the flavours blend. Look for Saigon cinnamon—its spicy, strong and sweet flavour is seriously addictive.

Makes about 2 cups

- 650 g container plain, full fat Greek yogurt
- 1 Tbsp ground cinnamon
- 2 strips orange or mandarin peel
- Large square of cheesecloth

Stir yogurt with cinnamon and orange peels. Spoon into cheesecloth, then tie up into a ball. Tie ball to a wooden spoon, and then suspend spoon over a bowl to let the whey drain out. Refrigerate at least 6 hours or overnight. The longer it sits, the thicker the texture and tarter the taste. Keeps well, refrigerated, up to one week.