

Breakfast

Basics



CONTENTS

Grits	61
Oatmeal	62
Breakfast Potatoes	63
American Fries	64
Home Fries.....	65
Home Fries & Onions.....	66
Potato Pancakes	67

Grits

Wherever we go, grits are one of the most neglected, poorly presented and overcooked items we see. Another issue is that they dry out on the line. So let's talk grits; how to cook them, hold them and keep them appealing.

THE RATIO: or every cup of grits, use 4 cups water and 1 teaspoon of salt.

Yield: 3 quarts, enough to fill a 1/3 4 inch pan. It's between 24 and 36 servings

3	cups	grits
3	qts	water
3	tsp	salt

- Bring water to a boil; add grits; stir constantly until they boil again.
- Add salt, reduce to a low simmer, cover and let cook about 20 minutes, stirring occasionally.
- Transfer to a 4 inch deep 1/3 insert pan.
- Depending on customer preferences, add butter to grits.

Grits should be monitored on the serving line. Every 10 or 15 minutes, stir and if they are thick, add hot water (suggest using from the coffee station).

Clean the side of the pan also when stirring the grits. Keep it looking appealing.

Change the pan during the meal if needed. And it probably will need it.

Oatmeal

Oatmeal is number two of the most neglected, poorly presented and overcooked items we see. By overcooked, we mean too much. Way too much. They get thick and dry out on the line, with a crust on top. Everything we said about grits applies here to oatmeal.

Except the ratio is 1 cup oats, 2 cups water, and ½ tsp salt. But mainly you want to simply follow the recipe on the box. After you've made the oatmeal, watch it on the serving line. Our guests that like oatmeal for breakfast are probably not looking for a thick, gluey mass of sludge that barely comes off the spoon. Oatmeal should have body, but also flow off the spoon.

Another point: Don't cook oatmeal to last the entire meal. It takes about 5 minutes, so plan on cooking a fresh batch about halfway through the meal. Put them in a fresh pan. You've gone a long, long way to improve breakfast for the folks that are trying to lower their cholesterol. :-)

If you haven't started an Oatmeal Topping Bar already, here are some basics you can begin putting out right away:

- Splenda brown sugar blend. Tastes like brown sugar, zero calories.
- Chopped pecans
- Raisins
- Dried cranberries
- Cinnamon. Grab a spare salt shaker, clean it up and fill with cinnamon
- Toasted coconut
- Diced, sautéed apples and brown sugar
- Bananas, sliced (and preserved in lemon juice)
- Broken dried banana chips
- Toasted nuts: almonds, walnuts, pecans, etc.
- Blueberries (frozen, thawed)
- Apple pie filling, warmed, with pecans
- Strawberries sweetened with honey

Breakfast Potatoes

There are as many ways to prepare a potato for breakfast as you can think of. We'll cover several, and they will use fresh baking potatoes, frozen shredded hash browns, leftover baked potatoes and so on. What they won't use is Tater Tots. We want to encourage you to be creative, produce quality meals, and be frugal. There is a place for Tater Tots. It's called fast food day. :-)

A few hints on breakfast potatoes in general:

If you are using a fresh potato, use a mealy potato such as a Burbank Russet instead of a waxy potato like a red potato. They brown better and they give you that soft texture and crispy surface.

- Blanch your potatoes or use baked potatoes that have been cooled in the cooler overnight. This process removes / changes some of the starch and makes the potato texture much better.
- To blanch, just fill a very large pot with water and bring to a crazy fast rolling boil with some salt (about 1 Tbsp per gallon). Put in your potatoes for no more than a few minutes and check them often. The moment they start to get “bendy”, pour into a colander and run cold water over them. The texture will be noticeably improved.
- If you're using baked potatoes, you can use leftover bakes with the skin or peeled, depending on the type of recipe. Either way they work well. They also shred very well.

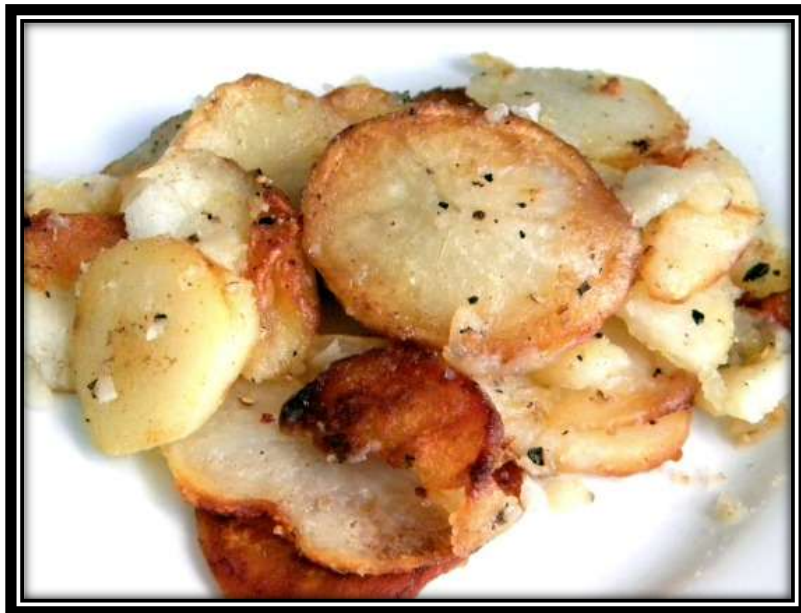
Pan Fries (“American Fries”)

These are just sliced potatoes, with salt and pepper. You can peel or not. They’re better if blanched or if you used baked potatoes that have been cooled overnight. You can also add onions to this recipe, but we didn’t here.

Serves about 12

8 each baking potato, skin on, sliced about 1/4 inch thick
1/4 cup margarine
 Salt and pepper as needed

- Toss the potatoes with margarine in a bowl
- Add salt and pepper lightly and toss to coat
- Put on a well-oiled, hot grill and let them cook until well-browned
- When browned well and crispy, Turn once; continue to cook.
- **DON’T STIR THEM AROUND**
- When done, transfer to line pan for serving.



Home Fries

This is the same recipe as American fries but diced. You can peel or not as you prefer. They're better if you blanch them or if you used baked potatoes that have been cooled overnight. Again, diced onions are a good addition if you want to sauté them with the potatoes. We list it as a variation below.

Serves about 12

8 each baking potato, skin on, diced about 1/2 inch cubes
1/4 cup margarine
 Salt and pepper to taste

- Toss the potatoes with margarine in a bowl
- Add salt and pepper lightly and toss to coat
- Put on a well-oiled, hot grill and let them cook until well-browned
- Turn occasionally to brown other sides, but don't keep working them or they will become mushy.
- When done, transfer to line pan for serving.



Home Fries & Onions

This is the same recipe as American fries but diced. You can peel or not as you prefer. They're better if you blanch them or if you used baked potatoes that have been cooled overnight. Again, diced onions are a good addition if you want to sauté them with the potatoes. We list it as a variation below.

Serves about 12

8 each baking potato, skin on, diced about 1/2 inch cubes
1 each jumbo onion, diced
1/4 cup margarine
 Salt and pepper to taste

- Toss the potatoes with margarine in a bowl
- Add salt and pepper lightly and toss to coat
- Put on a well-oiled, hot grill and let them cook until well-browned
- After the first time flipping the potatoes, add onions to the grill and cook until they are tender; work into the potatoes.
- Turn occasionally to brown other sides but don't keep working them or they will become mushy.
- When done, transfer to line pan for serving.

Potato Pancakes

This traditional potato pancake recipe is a true comfort food. Serve with applesauce and sour cream. If the batter seems wet, as it may depending on the potato's moisture, adjust by adding flour.

12 servings

8	each	large russet potatoes
1	each	yellow onion
2	each	egg, beaten
2	tsp	salt
¼	tsp	nutmeg
½	tsp	garlic powder
½	tsp	black pepper
		Oil as needed for grilling

- Finely grate potatoes and onion into a large bowl. Press through a strainer or into a towel to remove excess liquid.
- Mix in egg, salt, and remaining spices. Add enough flour to make the mixture thick.
- Spoon mixture onto a heavily oiled grill (or a skillet with about ¼ inch of hot oil). The pancakes should be about 3 to 4 inches in diameter and ½ inch thick.
- Fry, turning once, until golden brown. Transfer to paper towel lined plates to drain, and keep warm until serving time.

