



ALL RISE

When it comes to breakfast, many of us have a routine we depend upon. Yet there's always room for a bit of fresh thinking. From Bury black pudding and Mexican chilaquiles to Indian idli and Turkish menemen, here are 12 ways to shake things up — and add a little magic to your mornings

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A plump pork sausage, fresh from the grill; a salty, smoked kipper with a perfectly poached egg; shakshuka, bubbling on the stove; a hot English muffin, devoured on the way to work. When it comes to breakfast, there's no shortage of options, particularly in a country as multicultural as the UK. On any given day, in kitchens and cafes across the land, you'll find the full spectrum of morning meals, from simple snacks such as toast, yoghurt and cereal to more elaborate dishes like dosas, frittatas and breakfast burritos.

Over the past 12 months, we've spent more time at home than we'd ever have thought possible, but, for many, the silver lining has been the chance to try new things, particularly in the kitchen. If we're to keep this spirit of adventure alive, where better to start than with our morning routine? With this in mind, here are 12 ideas to get you going: a dozen delicious ways to start the day, inspired by cuisines from around the world.

There are ideas for home cooks, naturally, including popular alternatives to the classic eggs benedict and recipes for Israeli shakshuka, Vietnamese pho and Jamaica's beloved ackee and saltfish. But breakfast has always played a starring role in travel, too — there's nothing like lingering over an elaborate morning spread to really underline that wondrous feeling of having escaped your daily routine. So, to this end, there's also some inspiration for the future, when we can once again go wherever — and eat whatever — we want, whether it's menemen with rounds of fried Turkish bread in Istanbul or an early morning fish sandwich from Hamburg's Sunday market.

But we start a little closer to home, with a look at the array of delicacies that go into traditional 'full' breakfasts across the British Isles. So, grab yourself a Bury black pudding, a dash of Welsh laverbread or a Staffordshire oatcake and start breakfasting better.

IMAGE: GETTY

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Go further than a full English

Winnie the Pooh knew the importance of a good breakfast. So did James Bond, Sherlock Holmes and countless other British heroes — after all, the first meal of the day sets the tone for everything to come. As the late, great restaurant critic A A Gill once wrote, 'Breakfast is everything. The beginning, the first thing. It is the mouthful that is the commitment to a new day, a continuing life.' Nowhere, I think, is that promise celebrated more solemnly than in the UK, a country whose culinary prowess in the breakfast department, at least, has never been in doubt.

Indeed, it was perhaps once true that to eat well here, as the novelist Somerset Maugham put it, one 'should have breakfast three times a day' — a fantasy made real by the joyful advent of the all-day menu, allowing us to indulge our craving for bacon and eggs at any time. Uncle Monty's observation in the cult classic film *Withnail and I*, that this is a land where breakfasts 'set in' like the weather, holds true: even if we limit ourselves to muesli all week, when time permits, Britons still like to go the whole hog.

And hogs are almost always involved: in a 2017 YouGov poll, 89% of those surveyed cited bacon as the most important ingredient in a full English, closely followed by eggs. After that, things get contentious — even if you leave the full Scottish, Welsh and Irish versions briefly out of the equation. Should the bacon be back or streaky (once a matter of class, according to novelist Jilly Cooper, with back being the premium option), softly pink or grilled to a crisp? And as for the eggs, do they need to be fried to make it a fry-up? (Not according to the 18-24-year-olds surveyed in the same poll, who were surprisingly keen on them scrambled.)

While tomatoes and mushrooms are very much considered optional extras across the nation, that's pretty much where the consensus ends. Take sausages: we all agree

there should be a sausage on the plate, but what sort very much depends on geography. Should it be a peppery Cumberland ring or a beefy Scottish square? Or should it be of that family of sausages known as puddings and, if so, what type?

In England, you're most likely to come across a black pudding — made from blood, spices and cereals, and particularly popular in the northwest, home of the famous Bury iteration, which features distinctive snowy cubes of white back fat. Although well-loved in Scotland and Northern Ireland, it has more competition north of the border, where puddings come in white, red and fruit varieties as well. White pudding does occasionally pop up in England, too, most famously in the form of the spicy West Country speciality, hog's pudding.

Wales, meanwhile, stands proudly alone in its traditional breakfast preferences. You'll find many a standard fry-up here, but you'll be lucky to find laverbread anywhere else (if you're expecting something resembling bread you'll be disappointed — laver is seaweed of the same type used to wrap maki roll sushi 5,000 miles to the east in Japan).

Bread does have a part to play in the fry-up, of course; after all, you need something with which to mop up that golden egg yolk. Down south, it usually comes in the form of toast or a crunchy fried slice, but Scotland embraces the tattie scone — made with leftover mash, which might be made into bubble and squeak in southeast England — and Northern Ireland is known for serving up both potato bread and fluffy soda farls on the same plate.

You may have noticed I've made no mention of that most divisive of fry-up ingredients, the baked bean. The omission is deliberate: as chef Jeremy Lee once observed, if you really need something to dip things in, add ketchup. Or brown sauce. Or even mustard. But that's a whole other argument. **FC**

From top: The full Cornish at Hub, St Ives; inside E Pellicci, London; laverbread with bacon Welsh cakes

Previous spread: Tucking into a breakfast spread including omelettes, pancakes and avocado with poached eggs

Where to start

E PELLICCI, LONDON E2

A local institution with a bellissimo line in Italian classics and huge fry-ups, including fried bread and bubble and squeak. £8.60 for a classic set breakfast. epellicci.co.uk

CARIAD CAFÉ, PENCLAWDD, SWANSEA

Cariad Café's Welsh breakfast features bacon, sausages, cockles, toast and laverbread in a nod to local tradition. £6.25. cardiadcafe.com

FOOD FROM ARGYLL AT THE PIER, OBAN

Try the soft rolls filled with tattie scones, bacon, haggis, lorne sausage and black or white pudding. Rolls from £1.50. foodfromargyllatthepier.com

SEA SALT CAFE, NEWCASTLE, CO DOWN

You can't beat the combination of sea air and an Ulster fry: bacon, sausage, eggs, hash browns, black and white puddings, mushrooms, tomato and homemade soda, potato and wheaten breads. £6.50. seasaltnewcastle.com

HUB, ST IVES

Kick off the day with a full Cornish, made with bacon, sausage, sourdough toast, eggs and spicy hog's pudding. £9.50. hub-stives.co.uk



IMAGES: HUB BOX; ALAMY; STOCKFOOD

BEST OF THE BRITISH ISLES

Staffordshire oatcakes

Not to be confused with the Scottish biscuits, these floppy oat flour flatbreads are more akin to French crepes. Quick and easy to produce over the fire, they once provided sustenance for the region's miners. They remain popular today, although most of the hole-in-the-wall spots from which they were traditionally sold have gone the same way as the mines. Nevertheless, they're delicious wrapped around bacon, sausage and eggs for a fry-up on the go.

Laverbread

Laver, a type of seaweed, has been eaten by coastal communities for centuries, especially in southwest Wales and the West Country. It's gathered from rocky shores, rinsed and boiled for hours until the reddish fronds are reduced to an olive-green paste that can be mixed with oatmeal, formed into cakes and fried in bacon fat. Laver's high iodine content gives it a flavour somewhat reminiscent of oysters and other seafood, lending it the nickname 'Welsh caviar'.

Kippers

Once a firm favourite at breakfast, kippers are more often to be found on hotel menus than being cooked at home these days, probably because of the strong smell. Though kippering is, in fact, the process by which a fish is split open, salted and then smoked, it's generally used in reference to herring, and is most famously seen in the form of Arbroath smokies and Manx and Craster kippers, all of which are cured in slightly different ways. Kippers are particularly nice with a poached egg or in that Anglo-Indian breakfast favourite, kedgeree.

Soda bread

As the name suggests, this is bread raised by bicarbonate of soda rather than yeast, a process that gives it a soft, cakey texture, perfect for soaking up bacon fat or egg yolk. It's particularly popular in Ireland, where it tends to be made with buttermilk left over from making butter; the lactic acid reacts with the bicarb to produce gas that raises the dough when heated. It was traditionally baked in the embers of the fire and scored with a cross — to assist with the cooking and to let the devil out, of course.

Take a trip to Breakfast-makers' Street

In a cloistered corner of central Istanbul, two small lanes wind together, so narrow that the awnings and bay windows of facing buildings nearly touch each other across the stone pavements. Hardly anyone uses, or even knows, the names of these lanes; instead, they're collectively referred to as 'Breakfast-makers' Street'.

"It's the only place like this in Istanbul: there are more than 20 establishments here, all serving breakfast all day," says Cengiz Demir, manager of Çakmak Kahvaltı Salonu.

Breakfast (kahvaltı) is a big deal in Turkey, and Çakmak is where the breakfast explosion in Istanbul's Beşiktaş district began. Before it opened in 2002, the only restaurant in the area serving morning meals was Pando Kaymak, a tiny shop whose late owner, Pandelli Şestakof, taught his trade to the members of the Çakmak family working alongside him.

Hearty meals at reasonable prices brought in students from the city's universities, and Çakmak's booming success attracted imitators, until Breakfast-makers' Street became a destination dining spot for people from across Istanbul and beyond. Among the most popular dishes are kavurmalı yumurta (eggs with braised meat) and menemen (eggs cooked with tomatoes and green peppers) — both served in the scorching-hot metal

pans in which they're cooked — as well as the classic Turkish breakfast plate, an assortment of sweet and savoury bites. The latter is Cengiz's pick, and he likes to keep it simple: "Cheese, tomatoes, olives, an egg on the side, maybe some honey and cream," he says.

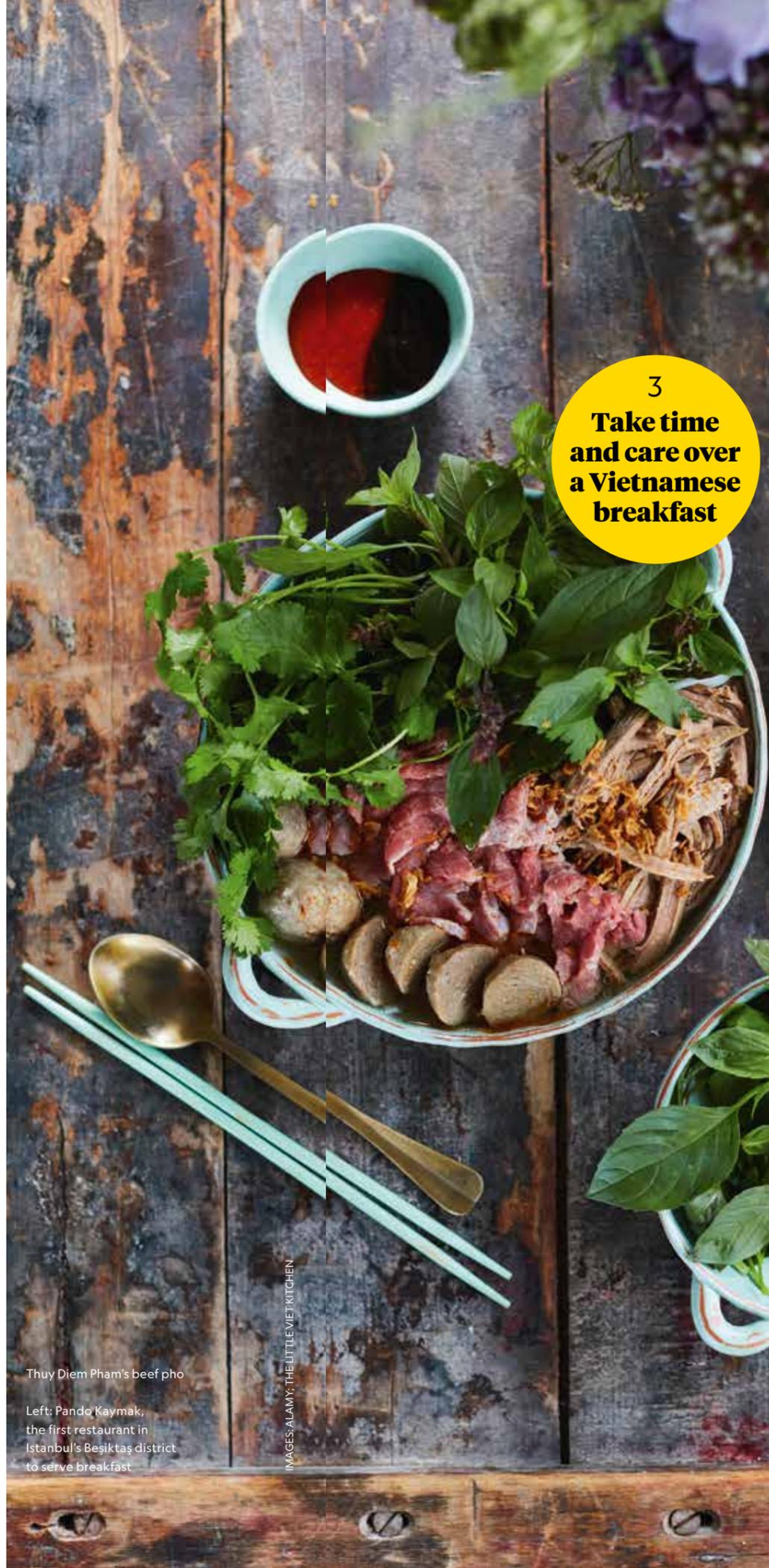
More and more restaurants have opened here over the past seven or eight years, with Cafe Faruk and Pişi among the other now-established favourites. Some newcomers have added chequered tablecloths, fairy lights and other decorative flourishes, or expanded their menus to include hamburgers and chocolate crepes, in attempts to distinguish themselves, but the classic Turkish breakfast dishes remain the lanes' raison d'être. This type of clustering harks back to the guild system of the Ottoman Empire, when practitioners of the same trade would be located in the same market or on the same street. Even in today's Istanbul, there's still a 'music street' lined with instrument-sellers in the Beyoğlu district, and a nearby area that's packed with purveyors of lights and lighting fixtures of all kinds.

With similar offerings all along the street, quality of ingredients separates the outstanding spots from those that simply soak up the overspill when the weekend queues become too long. At Çakmak, the tulum peyniri (a pungent, crumbly white cheese traditionally aged in a goatskin casing) comes from the eastern province of Erzincan, 600 miles from Istanbul. The restaurant's honey hails from the same place, while its kaşar, a mild yellow cheese, comes from Kars, near the Turkish-Armenian border. "We buy from the same places every year, so the quality stays the same," Cengiz says with pride. And in fast-changing Istanbul, that's as comforting as a good breakfast. **JH**



Thuy Diem Pham's beef pho

Left: Pando Kaymak, the first restaurant in Istanbul's Beşiktaş district to serve breakfast



IMAGES: ALAMY, THE LITTLE VIET KITCHEN

Thuy Diem Pham's southern-style beef pho

Slow-cooked bone broth with rice noodles, fall-off-the-bone beef brisket and rare steak might seem unusually hearty for first thing in the morning, but it's a breakfast staple for millions in Vietnam. The flavours vary greatly depending on where in the country you're from — and as I'm from the Mekong Delta, this recipe is in the southern style.

SERVES: 2 **TAKES: 8 HRS**

INGREDIENTS

3 onions, skins left on
200g ginger, unpeeled
10 star anise
5g cloves
3 tsp coriander seeds
2 tsp fennel seeds
3 cardamom pods, lightly crushed, pods discarded and seeds kept
1 cinnamon stick
2 lemons, halved
205g salt
500g oxtail
500g beef marrow, chopped into 7cm pieces (ask the butcher to do this)
2kg beef brisket on the bone
500g beef flank
500g beef ribs
1 daikon, peeled and halved
200g yellow rock sugar or rock sugar, crushed
2 tbsp fish sauce
500g dried pho noodles
150g beansprouts
500g topside steak, thinly sliced

TO SERVE

200g coriander leaves
200g spring onions, chopped
200g Thai basil leaves
200g sawtooth herb (optional)
4 limes, cut into wedges
5 bird's eye chillies, sliced
sriracha sauce, for dipping
hoisin sauce, for dipping

METHOD

1 Char the onions and ginger over an open gas flame until the skins are blackened (if you don't have a gas stovetop, heat oven to 180C, 160C fan, gas 4 and roast for 20–25 mins). Set aside until cool enough to handle, then peel. Rinse in cold water and set aside.
2 Dry toast the cloves, coriander seeds, fennel seeds, cardamom seeds and cinnamon in a small frying pan set over a medium heat for 3–5 mins until aromatic. Remove from the heat and leave to cool. Tip the spices into a spice

(or tea) strainer, breaking the cinnamon stick up if necessary, and set aside.

3 Next, prepare the bones and meat. Squeeze the juice of the lemons into a stockpot, throw in the used lemon halves and fill with plenty of cold water. Soak the oxtail, marrow, brisket, flank, ribs and bones in the water, then add 85g of the salt. Stir well and leave for 1 hr.
4 Remove the lemon halves and discard. Set the pot over a high heat and parboil the bones and meat for 5 mins. Drain, rinse in cold water and leave to dry.

5 Rinse the pot, then fill with 8 litres of water. Add the parboiled meat and bones and set on the stovetop at the highest heat for 3–4 mins to force all the impurities to the surface, then skim off the scum until the water looks clear. Reduce the heat to low, partially cover with the lid and simmer for 3 hrs.

6 Add the prepared onions and ginger along with the daikon and the remaining 120g salt. Stir in the sugar, then simmer for a further 2 hrs. Remove the daikon and onion from the broth and add the spice strainer along with the fish sauce. Cook for 3 hrs more.

7 Adjust the seasoning to taste (in the north of Vietnam, pho is a little saltier; in the south it's a little sweeter). Take the pot off the heat, remove the bones and meat and set them aside to cool. Skim off any fat that has risen to the surface, then carefully and slowly strain the broth through a large sieve into a clean stockpot. Don't rush this process.

8 Soak the noodles in a bowl of cold water for 30–45 mins. Drain and set aside.

9 Debone and tear the brisket meat into strips. Cut the flank into thin slices. Tear the meat off the ribs, if you like, or serve it on the bones.

10 Bring a saucepan of water to the boil, then blanch the beansprouts for 5–10 seconds and drain. Divide between two serving bowls.

11 Fill the pan with fresh water and cook the soaked noodles for 3–5 seconds, then drain and add to the bowls with the beansprouts. Add the cooked meat, then arrange the topside steak on top.

12 Bring the broth to the boil, then ladle it out between the bowls. Add the marrow, if you like, or serve it on the side for guests to help themselves. Finish with the herbs. Serve with the lime wedges and chillies, plus the sriracha and hoisin sauces for dipping.

Recipe taken from *The Little Viet Kitchen*, by Thuy Diem Pham (Absolute Press, £17.50).

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Meet the whole eggs benedict family

Created during America's Gilded Age, eggs benedict marks the beginning of a new love affair with breakfasts. The US economy was booming and the rich, enjoying their new lives in urban sprawls like New York City and Chicago, had discovered the art of weekend brunching. The boiled egg was reserved for weekdays, so something a little more luxurious – say, a stack of delicately poached eggs, thick Canadian bacon and decadent French sauce – was required. What followed was a breakfast revolution. From New Orleans to Paris, eggs benedict spawned countless variants, making an indelible mark on the world's breakfast menus.

Eggs benedict

Two iconic New York establishments lay claim to the original eggs benedict. The first is Delmonico's, whose chef published a recipe for Eggs à la Benedick in 1894. The second is the Waldorf Hotel (now the Waldorf Astoria New York), where the dish is said to have been whipped up when a hungover regular ordered 'some buttered toast, crisp bacon, two poached eggs and a pitcher of hollandaise sauce' that same year. Whatever the truth, these early blueprints have much in common with the modern version of the dish, which comprises two halves of a toasted English muffin, each topped with Canadian bacon and a soft poached egg. But the real magic is in the hollandaise sauce, that classic French emulsion of egg yolks, melted butter and lemon.

WHERE TO START: New York City, of course. Most brunch spots feature the dish on their menus, but for a recipe that's gone unchanged since the late 19th century, book a table at Delmonico's. delmonicos.com

Eggs florentine

'À la florentine' is a French culinary term that refers to dishes prepared or served with spinach and, often, mornay (a cheesy bechamel sauce). Meaning 'in the style of Florence', the term's origins are blurry, with one theory claiming the combination was brought to Paris in the mid-15th century by Florence-born Catherine de' Medici, the queen consort of France. Staying true to its name, eggs florentine swaps Canadian bacon for a bed of creamy spinach slowly simmered in butter. Traditionally, the egg stack is topped with a gruyère mornay,

although many restaurants use hollandaise sauce instead.

WHERE TO START: Benedict, a restaurant in the heart of Paris, offers eight varieties of eggs benedict, including an exquisite eggs florentine served with black truffle. benedict-paris.com

Eggs royale

This popular option is simply eggs benedict with the Canadian bacon replaced by lashings of smoked salmon. The fish pairs beautifully with velvety smooth, mildly citrusy hollandaise sauce and a sprinkling of fresh chives. A lighter option than a classic benedict, it's popular in city brunch spots across the world, particularly in the UK, Canada and New Zealand.

WHERE TO START: For a premium royale served with champagne, try Jean-Georges at London's The Connaught. The Modern Pantry in Farringdon, meanwhile, serves its eggs royale with a hazelnut and macadamia dukkah. the-connaught.co.uk themodernpantry.co.uk

Eggs sardou

Dating back to the turn of the 20th century, eggs sardou is the creation of Antoine's – the oldest restaurant in New Orleans – and is named after Victorien Sardou, a 19th-century French playwright who was staying in the city at the time. The star brunch plate features the classic combination of a muffin, poached egg and hollandaise sauce alongside buttered spinach, slow-cooked artichoke and anchovies.

WHERE TO START: Antoine's, in New Orleans' French Quarter, still serves its original eggs sardou, while neighbouring institution Brennan's offers a version with tomato béarnaise. antoines.com brennansneworleans.com

Eggs neptune

This version takes the essential benedict ingredients but swaps the bacon for a mountain of fresh crab meat. It's most popular in coastal regions like New England, the Gulf Coast and Northern California, the waters of which are home to some of the world's best crab, including the blue, king, snow and stone species.

WHERE TO START: Try Havana's on Carolina Beach, North Carolina, for a delicious blue crab eggs benedict (an eggs neptune in all but name). It also offers a version with oysters. havasrestaurant.com **JV**





5

Share a Sunday morning snack with Hamburg's clubbers

In a country renowned for its sausages, a fish sandwich might not be the first thing that springs to mind when you think of breakfast in Germany. But at the weekly fish market in the Free and Hanseatic City of Hamburg, you wouldn't want to order anything else.

A cultural institution as well as a popular tourist attraction, the 300-year-old fish market forms part of the large, sprawling fresh produce market held by the River Elbe every Sunday. It's here that Hamburg-born fish trader Dieter Bruhn has had a stand here since 1959. A local institution himself, loved for his loud, jovial approach to auctioning his wares, 82-year-old Dieter specialises in smoked salmon and eel. "A fish sandwich first thing on a Sunday morning is the classic fish-market snack," he explains.

The humble fischbrötchen has been sustaining the residents of Germany's coastlines for many years, and its origins come down to practicality. "You can put anything on a bit of bread," explains Dieter. "So at some point, a fisherman put a bit of fish on it." The classic Hamburg version involves "soused or pickled herring, fishcakes, smoked salmon or brown shrimp", the latter often mixed with mayonnaise and dill. Other options, which Dieter describes as "a little more refined", include pollock and smoked eel. The fish,

shrimps or patties are sandwiched between two halves of a crusty white bread roll, often with a frilly lettuce leaf, pickled gherkins, pieces of raw red or white onion, a slice of tomato and even a lick of creamy remoulade.

Starting at 5am during the summer months and a few hours later in winter, the market is a lively affair. The air fresh and the atmosphere cheerful, the harbour is not only busy with locals haggling for salmon and eel, but those out for a bracing morning walk. The market is also popular with partygoers making their way home after a long night out. "It's a broad mix of people," says Dieter. "But that's part of what makes the market unique." Here, fischbrötchen aren't only a snack for early shoppers, but also a cult hangover dish. As to why they appeal to both early birds and night owls, Dieter reflects for a moment. "Soused herring with raw onions? Well, it just tastes very good."

ALTERNATIVE: Traditionally made Bavarian weisswürste ('white sausages') are never eaten past midday. Made from minced veal and bacon, with onion, lemon, parsley and ground spices, they're served in pairs in their cooking water, often alongside a soft salty pretzel, a dollop of mustard and a glass of wheat beer. The classic way to eat a weisswürst is to split open its skin and suck out the sausage meat. **CD**

Above: Hamburg's fish market in the morning

Right: Tamagoyaki (traditional Japanese rolled omelette) with fresh chives

Previous page, from top: An eggs benedict variant with mushrooms at The Modern Pantry, London; Jean-Georges at London's The Connaught; eggs sardou at Brennan's, New Orleans

Emily Elyse Miller's shakshuka

This stewed, spiced tomato and pepper dish with poached eggs has become synonymous with Israeli breakfast culture, though different versions exist across the Middle East. This Israeli recipe can be served as part of a spread or enjoyed on its own with challah bread or pitta.

SERVES: 2 TAKES: 1 HR

INGREDIENTS

2 tbsp olive oil
1 medium onion, diced
1 medium red or orange bell pepper, chopped
3 garlic cloves, crushed
3 tbsp tomato puree
565g tinned chopped tomatoes (or 4 medium tomatoes, diced)
½ tsp sweet paprika
1 tbsp chilli flakes
½ tsp ground cumin
1 tsp sugar
4 eggs
4 tbsp tahini
juice of ½ lemon, or to taste
75g feta cheese, crumbled (optional)
parsley leaves, chopped

METHOD

1 Put the oil in a 25cm frying pan and place over a medium heat. Add the onion and cook, stirring, for 5 mins until soft and translucent.

2 Add the bell pepper and garlic, then cover and cook, lifting the lid to stir occasionally, until the pepper is soft, around 5 mins.

3 Add the tomato puree and stir to combine. Add the tomatoes, paprika, chilli flakes, cumin, sugar, 1 tsp salt and ½ tsp freshly ground pepper. Stir and reduce the heat to low. Cover and bring the tomato mixture to a simmer, stirring occasionally, for 15 mins until thickened.

4 Use a wooden spoon to press four wells into the tomato sauce. Crack an egg into each well and season with salt. Reduce the heat to low, then cover and cook for 7 mins, or until the egg whites have set. Remove from the heat.

5 Mix the tahini and lemon juice in a small bowl, adding around 1 tbsp water at a time until thoroughly combined.

The mixture should be silky smooth and easily coat the back of a spoon.

6 Drizzle with the tahini sauce and top with the feta (if using) and parsley.

Serve warm. *Recipe taken from Breakfast: The Cookbook, by Emily Elyse Miller (£35, Phaidon).*



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Swap fried eggs for shakshuka

IMAGES: ALAMY; HAARALA HAMILTON; STOCKFOOD



7

Roll your omelette the Japanese way

WHAT IS TAMAGOYAKI?

In Japanese, tamago means egg and yaki means fried. But this dish isn't your average fried egg. More closely resembling an omelette, tamagoyaki consists of several layers of whisked egg, cooked and folded together to create a light, fluffy roll that's sliced before serving.

HOW IS IT MADE?

The dish is so popular in Japan that there's even a special rectangular pan, a tamagoyakiki, which makes it easier to create perfect sheets of egg. For a basic tamagoyaki, eggs are beaten then seasoned with salt, sugar, soy sauce and mirin. Some of the mixture is added to the hot pan, then, when it starts to solidify, it's folded over to cover one half of the pan, before another ladle of mix is added. This process is repeated, folding one layer on top of the other.

HOW IS IT USUALLY SERVED?

It's commonly dished up as part of a traditional breakfast along with miso soup, fish, pickled vegetables and rice. It can also be found as a street-food snack at markets, where slices are served on skewers. While it's popular for breakfast, it's also often served in bento boxes for lunch, and over rice at sushi restaurants.

IS IT ALWAYS THE SAME?

Aside from the basic version, there's also dashimaki tamago, which adds dashi (a type of stock) to the egg mix. The result is a smoother, silkier texture and an extra boost of flavour. Both versions can be sweet or savoury depending on the amount of sugar and other seasonings.

WHERE SHOULD I GO FOR DECENT TAMAGOYAKI?

Yamachō at the Tsukiji Outer Market in Tokyo is one of the best places to get it — as evidenced by its huge queues of locals and tourists. Here, you can watch the chefs hard at work as they expertly fold over the layers of egg in multiple pans before serving the dish to guests on skewers. For a taste of dashimaki tamago, pay a visit to Miki Keiran at the Nishiki market in Kyoto, which has been serving a great version since 1928.

ALTERNATIVE: Okayu, a Japanese rice porridge similar to Chinese congee, is a simple dish made by boiling rice in water. It's generally thicker than congee, as it has a higher rice-to-water ratio, and is sometimes made with stock to add more flavour. It's typically eaten for breakfast and is also given to people who are ill, as it's easy to digest. **JP**



IMAGES: ALAMY

8

Order from the Deep South menu

The cuisine of the Deep South is one of comfort, tradition and, above all, abundance of flavour. It incorporates produce that's prolific in the region and therefore ingrained in its culinary history, such as sweetcorn, ham and lard (the South has an abundance of pig farms, and nose-to-tail cooking was standard practice long before it became fashionable). You'll find influences ranging from West African to Native American, French and beyond. Dishes are hearty and homely, with breakfast featuring a host of savoury and sweet foods, including meat, eggs, quick breads such as biscuits, and all manner of gravies and jams. Here's what to order.

Shrimp & grits

THE DISH: In parts of the South situated on the water – such as Savannah, Georgia, and Charleston, South Carolina – you'll find shrimp on every menu, often served atop a creamy bowl of grits (a slow-cooked porridge of cornmeal, water and milk). The best restaurants cook the shrimp until they're just done enough to snap when bitten into, while the grits should be creamy and light as air.

WHERE TO START: Open since 1976, Poogan's Porch in Charleston is a traditional Southern restaurant within a porch-lined Victorian townhouse. The shrimp and grits here feature andouille sausage, tasso ham gravy, onions and peppers. poogansporch.com

Country ham & red-eye gravy

THE DISH: Salty, smoked and cured, country ham pops up in a variety of guises, whether it's flavouring a side of stewed greens or it's the star of the show, served as a thick, steak-like slab cooked on a griddle. For breakfast, order it with dark and smoky red-eye gravy, made by combining the drippings from the meat with coffee, ideally in a cast-iron pan, the intense heat of which coaxes out even more of its flavour.

WHERE TO START: Nashville's The Loveless Cafe has been going strong since 1951, and its country ham with red-eye gravy and eggs is a signature dish. Order a biscuit to go with it; they're so good, they've earned a place on the restaurant's neon sign. lovelesscafe.com

Buttermilk pancakes

THE DISH: Whether you order them with a sticky and sweet pecan topping or just a simple pat of butter, pancakes are a Southern staple. Buttermilk – which crops up in a whole host of regional specialities, such as biscuits and fried chicken – is the not-so-secret ingredient that makes these pancakes extra fluffy.

WHERE TO START: Bread & Butterfly is a neighbourhood spot in Atlanta serving French- and Southern-inspired dishes. The buttermilk pancake (served as one large single pancake) is fluffy, buttery and served with hot maple syrup. bread-and-butterfly.com

Biscuits & gravy

THE DISH: Biscuits really sing of the South, especially when eaten with gravy. Of course, these aren't your standard digestives – they're more akin to scones, but flakier, more buttery and unsweetened. The gravy, meanwhile, is a creamy white concoction studded with chunks of pork sausage that add a wonderful savoury note to the whole dish.

WHERE TO START: At Home Grown in Atlanta, the biscuits and gravy dish called 'The Big Comfy' is so popular there's a digital counter keeping track of its sales. The large cathead biscuits (so called because they're the size of a cat's head) are coated in gravy and topped with curled pieces of fried chicken breast and a couple of slices of orange for good measure. homegrownga.com

Beignets

THE DISH: Sometimes breakfast only needs to be a cup of coffee and a quick, sweet bite, and there's no better sweet bite than the beignet. This puffed up, sugar-dusted treat, a distant cousin of the doughnut, was brought to America by French settlers, and is now a quintessential speciality of New Orleans.

WHERE TO START: Open 24 hours, Cafe du Monde is a New Orleans landmark with the queue to prove it. The perfectly golden beignets are fried to order and well worth waiting for; wash them down with a cup of cafe au lait. cafedumonde.com **JZ**

Clockwise from top left: Beignets at Cafe Du Monde in the French Quarter of New Orleans, Louisiana; neon sign at The Loveless Cafe in Nashville, Tennessee; biscuits and gravy; diners sitting outside Cafe du Monde, known for its chicory coffee and beignets



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Soak up seven facts about India's probiotic breakfast

Idlis are a type of savoury rice cake. But unlike other rice cakes, they're steam-cooked, never toasted. A traditional South Indian staple, they're made by grinding soaked rice and dehusked black gram. The batter is left to ferment overnight before being ladled into idli moulds, then cooked in a steamer for around 10-12 minutes.

This renders them soft and spongy.

Slow fermentation is key to their pleasant sourness and fluffiness. The black gram is the main source of microorganisms, which release lactic acid and carbon dioxide upon fermentation — both of which aid in the leavening process. The fermentation of the batter makes idlis a probiotic food, meaning they incorporate essential amino acids. This makes steam-cooked idlis extremely nutritious, so much so that they're often used in bespoke ayurvedic treatments.

They taste best when slathered with mulagaipodi blended in sesame oil. While idlis are most commonly accompanied by chutneys and sambar (a tangy lentil broth), they're arguably at their best when broken into small pieces and dipped in a liberal dose of spicy mulagaipodi (also known as idli podi, or powder) mixed in sesame oil. In this combination, the nutty texture of the podi perfectly complements the earthy flavour of sesame and the subtle sourness of the idlis.

Their cheapness makes them special. Light and healthy, idlis are the go-to breakfast in India, especially in the southern state of Tamil Nadu. Wherever you find this dish, be it food stalls or restaurants, it's almost always the cheapest thing on the menu, alongside its many variants, such as button idli, fried idli and rasam idli.

Madurai is the ideal place to try them. Its idlis are so soft and fluffy, they're often compared to the city's delicate jasmine flowers, Madurai malli. For those new to the dish, the Murugan Idli Shop is a great starting point; the chain has many restaurants in India, including two in Madurai.

Idlis hold a special place in temple cuisine. A foot-long cylindrical variant of the dish, known as Kanchipuram idli, is served as a divine offering at the Varadharaja Perumal temple in Kanchipuram, near Chennai. It's spiced with curry leaves, crushed peppercorns, ginger and cumin seeds in clarified butter.

They're also a space food. Ready-to-eat idli sambar is on the menu for the astronauts of Gaganyaan, India's first manned space mission, scheduled for flight in 2022.

ALTERNATIVE: The crispy crepe-like dosa is another popular Indian breakfast option, eaten plain or stuffed with fillings ranging from traditional spicy mashed potato to mozzarella cheese, alongside accompaniments such as chutneys, sambar and mulagaipodi. **MJ**



A bowl of teurgoule

Left: Idli stall in Varanasi. Though most popular in the south, idlis are sold throughout India

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Wait six hours for the perfect rice pudding

Many countries have a version of rice pudding, but none quite like teurgoule. A speciality of France's Normandy region, it has a six-hour cooking time, which indirectly gives the dish its name — the phrase 'se tordre la gueule' means 'to pull a face', the idea that those who've been too hasty burn their tongues.

The dish is made using rich, creamy milk from cows that graze the region's verdant pastures, along with rice and cinnamon, both originally brought back to the harbour at Honfleur in the 17th century by corsairs who had sailed the globe. When the wheat harvest was devastated by poor weather in 1758, the corsairs were ordered to intercept British ships and commandeer the cargo. One of the ships requisitioned by Captain Nicolas Quinette was laden with rice and spices; as the story goes, he ordered his cook to come up with a dish that

would introduce local people to the ingredients. When combined with Normandy's milk, it was a hit, and bakers took to cooking it on the dying embers of their bread ovens after baking.

The long, slow cooking time creates a thick caramelised skin on top, which was popular among sailors going to sea as it would preserve the dish for days. Peeling off the skin while it's still warm and letting it melt on your tongue is a chef's privilege, but in general, teurgoule is served cold, either as a dessert or more often for breakfast, accompanied by the local brioche, fallue.

For those too impatient to make it, it's often sold in Normandy markets. Plus, each year, the local guild or 'brotherhood' of teurgoule-lovers comes together to host cooking competitions and take part in festivals. Their recipe is wonderfully simple: rice, milk, sugar, a pinch of salt and cinnamon.

ALTERNATIVE: As the humble baguette goes stale so quickly, pain perdu ('lost bread') was invented as a way to use up the old loaf. By soaking a slice in whisked egg and milk then frying it in butter, it's arguably better than the original bread. Sprinkle with icing sugar, add some fruit compote or a dollop of creme fraiche and it's even better. **CB**

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Master Jamaica's beloved morning meal



Craig & Shaun McNuff's ackee & saltfish

Traditionally, ackee and saltfish is served in the morning, but it's so versatile, you could eat it at any time of the day. Ackee — which has a texture similar to scrambled eggs — is available in UK shops in tins, but in the Caribbean the fruit is plucked fresh from the tree. You have to be careful to pick it when it's properly ripe, though, otherwise it can be poisonous. But don't fear: the tinned ones are perfectly safe. In this dish, it's married with boneless saltfish flavoured with Caribbean spices.

SERVES: 2 | TAKES: 1 HR

INGREDIENTS

600g boneless saltfish cod
2 tbsp vegetable oil
1 medium onion, finely diced
4 garlic cloves, finely chopped
3 spring onions, thinly sliced
1 scotch bonnet pepper, deseeded and finely chopped
1 tsp dried thyme
1 tsp ground allspice
½ red pepper, deseeded and finely diced
½ green pepper, deseeded and finely diced
1 large tomato, diced
2 x 540g tins ackee, drained

METHOD

1 Put the saltfish in a large pan and cover with cold water. Place over a high heat, bring to the boil, then reduce to medium-low and simmer for 5 mins. Drain and add fresh cold water to cover. Repeat, cooking out the salt, until you're happy with the taste; three times gives a great balance of salt. Drain for the final time and leave to cool. Once cooled, use a fork to shred the saltfish into pieces and set aside.

2 Pour the vegetable oil into a large frying pan and place over a high heat. Once sizzling hot, turn the heat down to medium-low. Add the onion, garlic, spring onion and scotch bonnet, grind in some black pepper, then cook for 5-7 mins until soft.

3 Mix in the shredded saltfish, thyme and allspice, then cook for around 3 mins.

4 Next, add the chopped bell pepper and tomato. Mix it all together and cook down for 2-3 mins more. These ingredients help to bring a balance to the heat, so it's not too spicy.

5 Finally gently fold in the ackee — it is very soft so take care that you don't break it up so that it becomes mushy. Add in a little more black pepper to taste and simmer for a final 3-5 mins before serving. *Recipe taken from Original Flava, by Craig & Shaun McNuff (£22, Bloomsbury Absolute).*



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Try the best chilaquiles in Mexico City

Ubiquitous across Mexico, chilaquiles are one of the most popular savoury breakfasts. Totopos (crunchy fried corn tortilla triangles) are doused in either a green tomatillo sauce (salsa verde) or spicy red tomato sauce (salsa roja), and then topped with cream, sliced onions and crumbled queso fresco (a local mild white cheese). But there's no right or wrong when it comes to the toppings; the dish's beauty lies in its versatility, with variations including fried eggs, shredded chicken, beef, avocado, chorizo, melted cheese and more.

The best chilaquiles are made with high-quality tortilla chips that hold up when they're stirred into the sauce, creating a texture that's both crispy and soft, but never soggy. The sauce should be rich and well balanced, mixing together tanginess, sweetness and a bit of spice.

In Mexico City, you're spoiled for choice when it comes to chilaquiles — but a few restaurants just manage to edge out the competition. **Lalo!**, a Roma neighbourhood breakfast place, is run by acclaimed chef Eduardo García, better known as Lalo. The chilaquiles (160 pesos/£6 with eggs; eat-lalo.com) are indisputably among the best in town — and generously portioned, too. The green variety comes with toppings of avocado, coriander, sliced onion, crumbled queso fresco and optional fried eggs. And if you're extra hungry, order a side of beans or the house bacon. All the produce is locally sourced, the masa comes from native and heirloom corn and the vegetables are organic.

From top: Santa Catarina church in Coyoacán, Mexico City; red chilaquiles with chilorio (pork) and cheese; chilaquiles verdes, popular in central Mexico

El Cardenal is a gastronomic landmark serving traditional Mexican cuisine across its six branches, including one set within a colonial-era building in the historic centre. Everything is prepared in-house and cooked with seasonal ingredients, and the chilaquiles (120 pesos/£4.50; restauranteelcardenal.com) are served in a clay pot to keep them warm until the very last bite. You can't go wrong with any of the options: red or green sauce, fried eggs or shredded chicken. Plus, they come with a side of fried beans.

Meanwhile, casual dining spot **Chilpa** is a true chilaquiles specialist, and here they're served all day (from 88 pesos/£3; chilpa.mx). Build your own, starting with the base: baked or fried totopos. Next, choose the salsa, whether it's the usual red or green, beans, chipotle or a spicy five-chilli sauce. Still not hot enough? Try the habanero. Top it with panela cheese, avocado, vegan chorizo, ribeye steak, prawns or eggs.

Looking for something a little fancier? At renowned chef Elena Reygadas' flagship restaurant **Rosetta**, she serves a high-end brunch on Fridays and weekends. Her chilaquiles (170 pesos/£6; rosetta.com.mx) are doused in a charred red sauce and jocoque (a cream made from fermented milk). At Reygadas' casual restaurants, **Café Nin** and **Lardo**, the chilaquiles (120 pesos/£4.50; cafenin.com.mx; lardo.mx) are also given a modern twist by combining a cooked and raw green sauce, epazote (a local herb), coriander and burrata with a burst of freshness from pieces of nopales (a type of cactus). Both versions are packed with flavour. **LLS ALTERNATIVE:** Among the numerous Mexican egg dishes, huevos rancheros is surely the best known. Crispy tortillas are topped with fried eggs and a lightly spicy tomato sauce, and sometimes served with a side of beans. Even if it's not on the breakfast menu, most restaurants will make it for you if you ask nicely. ●