

# Breakfast Foods

**Unit:** Preparing Foods

**Problem Area:** Breakfast Cookery

**Lesson:** Breakfast Foods

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Identify common breakfast foods.**
- 2 Review breakfast food preparation techniques.**

- **Resources.** The following resources may be useful in teaching this lesson:

Brennan, Georgeanne. *Williams-Sonoma Essentials of Breakfast & Brunch*. Oxmoor House, 2008.

“Eggs 101,” *Incredibleegg.org*. Accessed Oct. 14, 2011.  
<<http://www.incredibleegg.org/recipes-and-more/cooking-school>>.

“Eggs: How to Cook Eggs—Basic Recipes,” *Whatscookingamerica.com*. Accessed Oct. 14, 2011. <<http://whatscookingamerica.net/eggs.htm>>.

Fox, Margaret S., and John B. Bear. *Morning Food: Breakfasts, Brunches and More for Savoring the Best Part of the Day*. Ten Speed, 2006.

Labensky, Sarah, R., Priscilla Martel, and Alan M. Hause. *On Cooking: A Textbook of Culinary Fundamentals*, 5th ed. Prentice Hall, 2010.

Liano, Jodi. *Eggs: Fresh, Simple Recipes for Frittatas, Omelets, Scrambles, & More*. Weldon Owen, 2011.

McGreal, Michael J. *Culinary Arts Principles and Applications*. American Technical, 2008.



## ■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

## ■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- ▶ breakfast meats
- ▶ Canadian bacon
- ▶ cereals
- ▶ continental breakfasts
- ▶ cottage-fried potatoes
- ▶ crêpes
- ▶ eggs Benedict
- ▶ French toast
- ▶ frittatas
- ▶ hash
- ▶ hash brown potatoes
- ▶ home fries
- ▶ hominy grits
- ▶ lox
- ▶ omelets (omelettes)
- ▶ pasteurized
- ▶ perishable
- ▶ quiche
- ▶ quick breads
- ▶ sausage gravy
- ▶ shell eggs
- ▶ skillet breakfasts
- ▶ smoked fish
- ▶ strada
- ▶ Texas toast

- **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

*Ask students what they had for breakfast. After hearing everyone's breakfast descriptions, ask students, "What would you have for breakfast if you could have anything you wanted?" It is a safe bet that the responses will be quite different.*

## CONTENT SUMMARY AND TEACHING STRATEGIES

**Objective 1:** Identify common breakfast foods.

**Anticipated Problem:** What are common breakfast foods?

- I. Common breakfast foods
  - A. **Cereals** are cultivated grasses and their seeds or grain; they are prepared foods made from grains. Cereal grains are usually starchy. The most common breakfast cereal grains are rice, corn, wheat, and oats. Ready-to-eat breakfast cereals were first manufactured in the United States and gradually spread across Europe. Cereal is America's most common breakfast food at home and can be served hot or cold.
    1. Cold cereals are processed to varying degrees. Many are loaded with sugar and artificial colors. Others more naturally reflect their whole grain origins.
    2. Hot cereals are produced from whole grains but are cooked with hot water or milk. They thicken during cooking. Typically, hot cereals are less refined and include little, if any, sugar, coloring, or flavoring. Typical hot cereal choices are:
      - a. Oatmeal
      - b. Steel-cut oats
      - c. Cream of Wheat®
      - d. **Hominy grits** (ground corn or oats in which the germ and bran are sifted out) are an important part of many breakfasts. They can be served as a main course or a side dish or may be formed into cakes or muffins, especially in the southern United States. Hominy is maize (corn) ground to a coarse consistency. It is used in much the same way as rice for sweet puddings. It is often a hot offering at breakfast (hot mush). However, it can be boiled, cooled, sliced, and fried.
  - B. Beverages are an essential breakfast element. The following are common options:
    1. Coffee (regular or decaffeinated)
    2. Tea (regular or decaffeinated)

3. Milk
  4. Fruit juices
- C. Bread options at breakfast are plentiful and include:
1. Toast slices (e.g., wheat, white, and rye)
  2. **Texas toast** is double-thick, sliced white bread and is often used to prepare French toast.
  3. English muffins
  4. Bagels
  5. Sweet breads, rolls, and buns
  6. Croissants (plain or baked with chocolate or fruit)
- D. Pastries are often part of breakfast fare as a quick alternative for those on the run or as part of a breakfast buffet. Full buffet breakfasts will likely include pastries. In contrast, **continental breakfasts** are light meals that usually consist of coffee or tea and a roll, pastry, or another baked good. Some continental breakfast menus include cold sweet breads, cereals, and fruits. Typical breakfast pastries are:
1. Muffins
  2. Coffeecake and other quick breads (e.g., banana bread)
  3. Danish pastries
  4. Cinnamon rolls and other yeast-raised pastries
  5. Doughnuts
- E. Potatoes are a typical side dish with hot breakfasts.
1. **Home fries (cottage-fried potatoes)** are sliced or diced raw or boiled potatoes, sometimes with diced onions (Lyonnais style) and/or green peppers that are pan-fried until brown.
  2. **Hash brown potatoes** are shredded, julienned, diced, or sliced raw or boiled potatoes that are pan-fried until very crisp and well browned.
- F. **Quick breads** are a group of specialty breads made with a leavening agent (e.g., baking soda, baking powder, or steam) that expands during baking. Quick breads are usually in a batter form and rise quickly when baked (hence the name). Their ease and speed of production make them common and loved at breakfast and include:
1. Pancakes
  2. Waffles
  3. Popovers
  4. Muffins
  5. Biscuits
  6. Fruit and vegetable breads (e.g., banana, apple, zucchini, and carrot)
  7. **Crêpes** (the French word for pancakes) are thin, filled, and rolled items. They are included in the quick bread category. Technically, however, they are not quick breads because crêpes do not rise when they are cooked, and they do not contain a leavening agent.

- G. Eggs are the centerpieces of hot breakfasts. High in protein and exceptionally versatile, they can be cooked quickly in endless ways as an individual food or as an integral part of a specific breakfast recipe. Chicken eggs are the eggs of choice, and they come in various sizes. Two-ounce large eggs are the standard breakfast size. Eggs are available as:
1. Fresh or **shell eggs**
  2. Frozen eggs are removed from their shell and are sold in a liquid form in bulk cartons. Common types are whole eggs, whites only, and yolks only. They are **pasteurized** (heated to a specific temperature for a specific amount of time to kill harmful microorganisms, especially *Salmonella enteritidis* bacteria). Pasteurized eggs are now available in cartons at the local grocery store. They may be in a liquid or a frozen state. Frozen eggs are also available precooked in various forms, such as fried and scrambled.
  3. Egg substitutes come in liquid forms (e.g., Egg Beaters®, which contains 99 percent egg whites) that may be fresh or frozen. They are also available in a powdered form that contains primarily egg whites. They are good tools in the fight against high cholesterol and fat in the diet. They look like whole scrambled eggs and are available for commercial as well as home use.
  4. Powdered eggs are fully dehydrated eggs that are lower in price than shell or frozen eggs. When properly stored, they have a shelf life of 5 to 10 years. However, the taste and texture of powdered eggs is poor compared to fresh shell or frozen eggs. Their primary use in the food industry is in cake, doughnut, and bread mixes, as opposed to scrambling for a quiche mixture.
  5. Eggs and egg products are typically found in the dairy section of groceries. However, eggs are not a dairy product; eggs are poultry.
- H. Meat is commonly served at breakfast—on its own or as a side dish to eggs or a quick bread. Pork is the most common. **Breakfast meats** are bacon, sausage, ham, **Canadian bacon** (salted, cured, and smoked slices of boned and rolled pork loin), breakfast-cut pork chops, and breakfast-cut beefsteaks.
1. Other meats served at breakfast may be culturally oriented, including gyro meat, chorizo sausage, taco-style ground beef, chunks of chicken, and virtually any meat.
  2. **Hash** is a crisply cooked mixture of meat or fish and diced potatoes often topped with seasoned bread crumbs.
  3. Seafood is also served at breakfast, usually focusing on highly flavored or specialty seafood that is served cold.
    - a. **Smoked fish** is an oily freshwater fish that has been soaked in brine and then placed into a smoker box until it is cooked and golden with a mild, smoky flavor. Chub, sturgeon, whitefish, and salmon are common choices.
    - b. Shellfish (e.g., shrimp, crab, and lobster) are luxurious additions to breakfast choices and may be incorporated in omelets.
    - c. **Lox** is salmon that has been smoked or cured with salt and spices and then thinly sliced. It has a rich taste and is typically served on a bagel with cream cheese.

- I. Fruit, usually served fresh, is part of many breakfast side dishes and may be incorporated as a garnish for prepared breakfasts.

**Teaching Strategy:** Use VM–A, VM–B, and VM–C. Assign LS–A.

**Objective 2:** Review breakfast food preparation techniques.

**Anticipated Problem:** How are breakfast foods prepared?

II. Cooking breakfast foods

- A. Ready-to-eat cold cereals are usually served with milk or cream and sometimes with fruit. Sweeteners are often added to non-sweetened cereal varieties. Hot cereals typically start with dry grain added to boiling water, sometimes with salt added. They may be served plain or with milk or cream, fruit, raisins, butter, and/or sugar.
- B. Juices may be purchased ready to serve or in concentrated forms. To reconstitute a juice concentrate, the thickened concentrate is mixed with the appropriate proportion of water to bring it to a suitable consistency. Coffee and tea are typically served hot for breakfast, with options of adding milk, cream, flavorings, and/or sweeteners. Even milk can be garnished with the addition of chocolate for those who want something sweeter.
- C. Breads can be served cold, warmed, or toasted. They are commonly garnished with butter, margarine, cream cheese, jams and jellies, or other spreads.
- D. Pastries are typically ready to eat and require no further preparation. Sometimes pastries are sliced or cut into smaller pieces on a buffet. They may be warmed before service, and some may be purchased as pre-made dough or batter that requires minimal preparation to bake on site. Pastry batter or dough baked on site commonly includes a finishing glaze or topping to apply after baking.
- E. Potatoes offer a number of options for breakfast side dishes.
  1. Home fries and hash browns may be purchased processed and frozen, requiring final heating or frying prior to service, or they can be made fresh from raw potatoes. Starchy russet or Idaho potatoes are good choices for these side dishes. They require little more than a hot skillet or pan with hot oil to be fried until golden brown and crispy. Salt is usually added.
  2. **Skillet breakfasts** are all of the elements of an American breakfast in a one-pan presentation: meat, potatoes, vegetables, and eggs. Hash brown potatoes often line the bottom of a small skillet-shaped pan. Then the cooked meat, cheese, and/or vegetables are placed atop the potatoes. An egg (i.e., poached or fried) is placed on top of the fillings. The meal is served in the skillet-shaped pan as a one-dish approach to the meal rather than each element being presented separately on a plate.
- F. Quick breads may be purchased ready to eat or frozen. Another option is to prepare it fresh. As the name implies, quick breads are easy and quick to prepare.



They are based on thin- to medium-thick batters of flour, baking powder, milk, eggs, oil, and sometimes sugar and flavorings.

1. Pancakes are cooked quickly on a hot flattop grill.
  2. Waffles are cooked in special irons (devices that heat up, close, and have an internal grid to form the waffle shape).
  3. Popovers are baked in special heavy, cup-shaped tins or muffin tins.
  4. Muffins and biscuits use the same basic ingredients as all quick breads, but they are formed differently. Both quick breads are baked in the oven.
    - a. Muffins can incorporate any flavor, and the heavy batter is usually scooped into muffin tins and baked.
    - b. Biscuits are heavier. They must be rolled out and cut into shapes before baking.
  5. Biscuits and **sausage gravy** (a thick, white cream sauce enriched with cooked sausage pieces) is a popular breakfast offering. Biscuits are sturdy enough to stand up under the weight of the sausage gravy.
  6. Quick breads are often garnished with a variety of items, including:
    - a. Butter
    - b. Syrup
    - c. Jelly or jam
    - d. Fruit
    - e. Powdered sugar
- G. Eggs are the most versatile breakfast food. They may be cooked to order or as a main dish. Eggs cooked to order may be fried, scrambled, poached, hard-cooked or soft-cooked, coddled, baked, etc. When cooked in bulk for service on a buffet, eggs are susceptible to overcooking and can turn greenish if held at too high a temperature due to a reaction between the hydrogen sulfide in the egg whites and the iron in the yolks. The coloring is harmless, but it is unappetizing. It is the same reaction that occurs when shell eggs are boiled instead of hard-cooked. To prevent the greenish cast, chefs and cooks often include an acid (e.g., vinegar or sour cream) in eggs that will be held hot for long periods.
1. **Omelets** (omelettes) are beaten eggs cooked in a hot pan (often without stirring) until done and are then filled and folded or rolled. Fillings are added just prior to folding or rolling and include cheese, meat, and vegetables. Omelets can be started on the stovetop and finished by baking in the oven. The first omelet recipes were very simple: eggs, butter, salt, and pepper.
  2. **Frittatas** are open-faced Italian omelets that are fried in a hot skillet with eggs, onions, potatoes, bacon or sausage before being topped with cheese and finished in the oven.
  3. **French toast** is bread (often a thick slice) dipped into a milk and beaten egg mixture and then fried. It should be crisp and brown on the outside and soft in the center. Syrup and/or fruit often accompany it.
  4. **Strada** is a type of egg entrée or breakfast casserole similar to a baked pudding in which bread is layered in a baking dish and topped with layers of

cheese, meat, vegetables, and tomato sauce or white sauce. Then the entire dish is topped with a mixture of beaten eggs and cream and is baked. The finished dish is puffy and lightly browned.

5. **Eggs Benedict** is a classic breakfast egg entrée composed of half a toasted English muffin and a slice of ham or Canadian bacon topped with a poached egg and covered with hollandaise sauce (a rich egg and butter sauce with a hint of lemon). Side dishes include home fries or roasted potatoes. A simple way to make this dish vegetarian is to substitute spinach for the meat, making it Eggs Benedict Florentine.
  6. **Quiche** (an open-faced flan or tart; an egg pie mixture baked in pastry crust) is a mixture of beaten eggs, milk or cream, and various ingredients, including cheese, meat, and/or vegetables. The mixture is poured into a pastry-lined pie plate or quiche mold and is baked. Quiche is served on breakfast buffets and as a breakfast or lunch entrée.
  7. Crêpe batter is primarily eggs, but it also contains flour, milk, water, salt, and butter. This thin batter creates a paper-thin pancake that is cooked over medium heat in an oiled crêpe or fry pan. It cooks for a very short time (about 2 minutes) and is then filled with fruit, meat, vegetables, cheese, and/or dessert mousse before being rolled.
    - a. Main dish crêpes may be served with rich cheese, mushrooms, and/or meat sauces.
    - b. Dessert crêpes may be dusted with powdered sugar or topped with a chocolate or fruit sauce. One of the most famous crêpe recipes is Crêpe Suzette, which is a flaming dessert.
- H. Most breakfast foods are **perishable** (items that are likely to decay), especially meats. Even fresh eggs have a longer shelf life than raw breakfast meats. Yet breakfast meats freeze easily for extended storage and generally cook quickly and easily.
1. Bacon, sausage, Canadian bacon, pork chops, and breakfast steaks are all quickly pan fried or cooked on a hot flat grill. Most ham served at breakfast can be heated on a flat top for service in the same manner. All (though less common for pork chops and steaks) may be cooked or heated in the oven with fine results. Restaurants with large volume generally cook breakfast meats in bulk through oven heating. Breakfast meats are consistently used as ingredients in recipes or as side dishes to other foods, but seldom are they used as breakfast entrées.
  2. Seafood is typically prepared ahead of time and is served cold with minimal preparation required for service.
    - a. Whole poached or smoked salmon might be served on a tray garnished with lettuce, onions, capers, tomatoes, and special dipping sauces.
    - b. Fish may be served as an entrée. Most often, seafood is offered on high-priced buffets. This is true for lox, though many restaurants and delicatessens serve lox as a sandwich on a toasted bagel with cream cheese, onions, and tomatoes. Seafood is also added to egg dishes (e.g., quiche, strada, and omelets) or may be served as a side dish to eggs.



- I. Fruit is a major part of breakfast for many people, and fresh fruit is always preferred. Sometimes fresh fruit is used as a garnish, but it is common as a side dish or as a buffet offering. Preparing fresh fruit requires some preparation time since virtually all skins, rinds, seeds, and pits are removed prior to service. Fruit served in this way should be easy to eat and should include nothing inedible. Fruit is often served as a mixed fruit salad or may be sliced and laid out on platters.
  1. Fruit considered single serve (e.g., bananas, apples, oranges, and peaches) would never be served whole as part of a plated breakfast in a restaurant, but single-serve fruits may be included on some buffets. It is more likely that these fruits would be served peeled and cut in a fruit salad.
  2. To prevent browning of fruits once they are peeled, seeded, and cut, chefs and cooks treat the cut edges with an acid (e.g., lemon juice).

**Teaching Strategy:** Use VM–D. Assign LS–B.

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. Questions at the ends of chapters in the textbook may also be used in the Review/Summary.
- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

## ■ **Answers to Sample Test:**

### **Part One: Completion**

1. salmon
2. frittata
3. quick breads
4. quiche
5. hash browns
6. cold
7. grains

### **Part Two: Multiple Choice**

1. c
2. b
3. d

4. d
5. a
6. b

### Part Three: True/False

1. F
2. T
3. T
4. T
5. F
6. T
7. F
8. F

# Breakfast Foods

## ► Part One: Completion

**Instructions:** Provide the word or words to complete the following statements.

1. Lox is slices of cured or smoked \_\_\_\_\_.
2. An open-face omelet baked in the oven is a \_\_\_\_\_.
3. Pancakes, waffles, and biscuits are considered \_\_\_\_\_.
4. An “egg pie” baked in a pastry-lined pie shell is a \_\_\_\_\_.
5. Shredded potatoes fried until brown and crispy are \_\_\_\_\_.
6. Most seafood served at breakfast is served \_\_\_\_\_.
7. Cereals are made from \_\_\_\_\_.

## ► Part Two: Multiple Choice

**Instructions:** Circle the letter of the correct answer.

1. Continental breakfasts typically include \_\_\_\_\_.
  - a. eggs and bacon
  - b. pancakes and waffles
  - c. pastries and coffee
  - d. French toast and ham
2. Hominy grits are \_\_\_\_\_.
  - a. made of wheat
  - b. cooked ground corn
  - c. served cold with milk
  - d. None of the above



3. Layers of bread and various fillings topped with an egg and milk mixture and baked is called \_\_\_\_.
- a. quiche
  - b. French toast
  - c. frittata
  - d. strada
4. Canadian bacon is \_\_\_\_.
- a. cured
  - b. a type of ham
  - c. a type of bacon
  - d. cured and smoked pork loin
5. Double-thick, sliced white bread is known as \_\_\_\_.
- a. Texas toast
  - b. bagels
  - c. strada
  - d. None of the above
6. Overcooking or overheating eggs can result in \_\_\_\_.
- a. tough eggs
  - b. green eggs
  - c. hash
  - d. poached eggs

► **Part Three: True/False**

**Instructions: Write T for true or F for false.**

- \_\_\_\_ 1. Eggs Benedict is a dish made of an English muffin, bacon, and hollandaise sauce.
- \_\_\_\_ 2. Breakfast meat is considered the most perishable of the breakfast foods.
- \_\_\_\_ 3. The standard size shell egg for breakfast is large, which is equivalent to two ounces.
- \_\_\_\_ 4. Coffee and tea are both available in decaffeinated versions.
- \_\_\_\_ 5. Fried potatoes are usually served on top of a breakfast skillet entrée.
- \_\_\_\_ 6. Pasteurized eggs have been heat-treated to kill potential bacteria.
- \_\_\_\_ 7. Apples, bananas, and peaches are commonly served whole on breakfast buffets.
- \_\_\_\_ 8. Breakfast meats are usually the main part of any breakfast.

# BREAKFAST FOODS

- ◆ A typical American breakfast often includes home fries.



- ◆ Breakfast meats are side dishes, not the main dish. In this photo, the eggs are the main dish.





- ◆ Common breakfast pastries are croissants, Danish pastries, and a variety of puff pastry offerings.



- ◆ Corned beef hash is a fried mixture of diced corned beef, potatoes, and onions topped with a sunny side up egg that is fried or basted.





# CEREALS AND BREADS

- ◆ Cold cereal with fruit and milk is one of the most popular breakfasts in the United States.



- ◆ Hot hominy grits is a hot cereal often served with butter and sometimes with raisins or fresh fruit.



- ◆ Hot oatmeal with blueberries is nutritious, and the blueberries contain antioxidants.



- ◆ Texas toast is white bread that is sliced double thick.



# QUICK BREADS

- ◆ Pancakes come in many varieties: chocolate chip, blueberry, buckwheat, and pigs-in-a-blanket. The potato pancakes shown here are served with sour cream and often with a side dish of applesauce.



- ◆ The unique crispness and shapes of waffles are due to baking the waffle in a special iron.





- ◆ Popovers served at breakfast are typically served with jam. Popovers are made from a very thin batter and have a large cavity on the inside.



- ◆ Crêpes are paper-thin “pancakes” that are filled and rolled.



# EGG ENTRÉES

- ◆ Omelets can be filled with numerous ingredients and are often folded over, as with this prosciutto ham variety.



- ◆ This egg, tomato, and green pepper open-face frittata begins on top of the stove. The frittata is finished in the oven.





- ◆ This buttered French toast is topped with powdered sugar. Typical accompaniments are fresh fruits and syrup.



- ◆ Breakfast strada (casserole) is baked in a bread or hash brown potato crust instead of a flaky pastry. This egg, sausage, cheese, and onion strada would be welcome on a breakfast buffet.





- ◆ Classic Eggs Benedict is prepared, from the bottom up, with English muffin, Canadian bacon, poached egg, and hollandaise sauce.



- ◆ This spinach quiche is baked in a flaky pastry crust.



# Identifying Breakfast Foods

## Purpose

The purpose of this activity is to practice identifying common breakfast foods by group.

## Objectives

1. Identify a variety of breakfast foods by group.
2. Participate in a discussion comparing identified breakfast foods by group.

## Materials

- ◆ lab sheet
- ◆ computer with Internet access
- ◆ writing utensil
- ◆ textbook and/or reference materials

## Procedure

1. Work independently or in pairs to complete this lab sheet.
2. List examples for each breakfast food group. Use your textbook, the Internet, or reference books to compile your list. You may add more items than the number requested for each grouping.
  - a. **Breakfast Meats**—List a minimum of eight examples. At least two of the meats listed should not be pork products.
    - 1.
    - 2.
    - 3.
    - 4.



- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

b. **Breakfast Pastries**—List a minimum of six examples.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

c. **Breakfast Eggs**—List a minimum of eight examples.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

d. **Juices**—List a minimum of five examples other than orange and apple juice.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

e. **Egg Entrées** (Eggs are a main ingredient.)—List a minimum of four examples.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

f. **Seafood**—List a minimum of six types.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

g. **Non-Sweetened Cereals**—List a minimum of six types (three cold, three hot).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

2. Participate in a discussion with your classmates and your instructor to compare identified breakfast foods by group.
3. Turn in your completed lab sheet to your instructor.

# Identifying Breakfast Foods

1. Answers will vary. The following responses represent a typical listing. Please use your judgment.

a. **Breakfast Meats**

1. Steak
2. Pork chop
3. Sausage (i.e., links, patties, chorizo, and turkey)
4. Ham
5. Bacon
6. Canadian bacon
7. Smoked fish
8. Lox

b. **Pastries**

1. Doughnuts
2. Danish pastries
3. Muffins
4. Croissants
5. Cinnamon yeast buns
6. Quick breads (e.g., banana)
7. Bismarcks and Éclairs
8. Bagels

c. **Breakfast Eggs**

1. Scrambled
2. Fried (sunny side up or basted)
3. Poached
4. Fried over easy
5. Soft-cooked (e.g., three-minute)
6. Baked
7. Hard-cooked
8. Shirred
9. Omelet
10. Basted
11. Coddled

d. **Juices**

1. Tomato
2. Grape
3. Cranberry
4. Guava
5. Mango
6. Pomegranate
7. Grapefruit
8. Prune
9. Pineapple
10. Apricot

e. **Egg Entrées**

1. French toast
2. Quiche
3. Strada (breakfast casserole)
4. Omelets (folded or rolled)
5. Eggs Benedict
6. Frittata
7. Baked omelets

f. **Seafood**

1. Lox
2. Smoked chubs
3. Smoked sturgeon
4. Smoked oysters
5. Crab
6. Shrimp
7. Salmon
8. Lobster

g. **Non-Sweetened Cereals**

1. Flakes (e.g., corn and wheat)
2. Shredded Wheat®
3. Cheerios®
4. Steel-cut oats (hot)
5. Mueslix®
6. Cream of Wheat® and Cream of Rice®
7. Oatmeal (hot)
8. Hominy grits (hot)
9. Rice (puffed)
10. Bran cereals

*NOTE:* Granola cereals would not be acceptable; they are highly sweetened.



# Plan a Brunch Buffet

## Purpose

The purpose of this activity is to use higher problem-solving skills to construct an appropriate brunch buffet menu based on given parameters.

## Objective

Select and defend your choices for a brunch buffet.

## Materials

- ◆ lab sheet
- ◆ writing utensil
- ◆ sheets of paper
- ◆ computer with Internet access
- ◆ reference materials and textbook

## Procedure

1. Work individually, in pairs, or in groups of three.
2. Plan a breakfast menu for a Sunday hotel brunch buffet. Guests will pay \$13.95 per person, and they can eat as much as they want. The guests at a hotel would be varied (e.g., children, adults, older adults, and special groups). The guests will want and expect a “nice spread.” Variety and cost are important factors. Read the requirements below carefully before you begin writing the menu.
3. Research typical hotel brunch menus using your textbook, reference materials, and/or the Internet. Make sure you research the costs associated with standard brunch menus.



4. On a separate sheet of paper, plan the following:
  - a. List each buffet item, and be specific. For example, if you offer quiche, write down the type of quiche and the ingredients.
  - b. Plan for the obvious items, too, including beverages, condiments, breads, and desserts.
  - c. As this is a brunch menu, you are not limited to breakfast foods, but keep in mind that most breakfast foods tend to fill people up at a low cost (except meats). A variety of items will be expected on brunch buffets. Remember the cost per person is \$13.95.
  - d. Check your menu for balance. Are there adequate selections from different groups? Are there too many choices from some groups? Are there a variety of colors and textures as well as hot and cold choices? Once your menu is set, make a notation next to each item as to presentation. Specifically, will the food be served hot in heated units or in chaffing dishes? Will the food be placed on platters? Will the food require cooling, or will it need to be placed on ice?
  - e. Check the current prices of your food choices. Keep the cost to \$13.95 per person or less, as the restaurant needs to make a profit to stay in business.
5. Create a simple sketch of the brunch buffet, noting where each item would be placed.
6. This is a subjective assignment, so there is no answer key. You must plan to answer questions and to defend your choices.
7. Check your menu one last time. Then write two paragraphs explaining the rationale for your choices. Specifically, is there enough variety? The brunch is being held in a hotel. Do you think it reflects the taste of travelers and hotel guests? Will it meet people's expectations for the price? Will you make a profit based on the selections?
8. Present your brunch buffet choices to the class. Post your sketch, and discuss the food cost and presumed profit. Answer questions from your classmates.
9. Turn in your completed lab sheet to your instructor.