

SOUTHEAST TEXAS FOODIE



BREAKFAST: A MEAL THAT CAN BE HARD TO FIND

By Chuck Harris

Chuck's Catering and Special Events

If breakfast is the most important meal of the day, why in the heck is it so hard to find in Southeast Texas?

Fast food breakfast is one thing. You can get a paper-wrapped, hard-pressed, perfectly circular egg with bacon and cheese on an English muffin on just about every corner. The kind of breakfast I want is kind where I can sit down and relax with a pot of coffee, enjoy the timeless eggs Benedict served with hollandaise sauce made from scratch, not from a mix, or blueberry pancakes loaded with big juicy fresh berries served with savory syrup for drenching or dipping. I oftentimes crave a seafood omelet with fresh shrimp and crab, the perfect cheeses and veggies folded in for just the right blend of fish and dairy. What better time to eat crepes than at breakfast? There are so many varieties: egg, cheese, sausage or fruit. You can also make simple crepes and sprinkle them with powdered sugar and cinnamon, roll and dip in syrup.

Now that I've got your mouth watering, again I say: It's really difficult to find this kind of great breakfast in Southeast Texas, except on Mother's Day! Besides the obvious, which is to call me and have me come to your house and cook breakfast for you and

your family, there are some options. I've searched the area and have included my recommendations below.

If you do feel like staying home and you don't want to invite me to cook breakfast for you, I'll give you some tips for making crepes and one of my personal favorites, the poached egg. With my easy directions you'll be the perfect poached egg preparer.

Crepes

Crepes are very simple to make. Just take into account that it's likely you'll mess up the first four or five before you get the hang of it. Failure is fleeting, however, because crepes make people smile and will make you a breakfast hero. See my Tropical Dream Crepe recipe and simple demonstration for making crepes at www.setxsocialcenter.com/chuck-recipes. Here are some quick tips:

- Use a small, nonstick pan and a little bit of olive oil to coat the pan, but not too much.
- Heat the stove to a medium to high heat.
- With a measuring cup, put just enough batter in the bottom of the pan to coat it with a thin layer; moving the pan to spread the batter ensuring even coverage.
- Flip the crepe once.
- Stuff crepes with fruit and top with whipped crème!!

A perfectly poached egg is a delicacy. You can be considered a master breakfast cook if you learn to prepare an egg in simmering water. Follow these easy steps:

- Bring a small pot of water to a boil until it is just beginning to bubble.
- Crack your egg into a small cup and add a half of teaspoon of white vinegar to the cup. (This helps the egg congeal.)
- Before placing the egg and vinegar into the pot, whisk the water in the pot in a circular motion, then drop in the egg. Whisking the water helps get the egg to spin together for a tighter poached egg.
- Cook the egg for about two minutes for a runny center and remove with a slotted spoon.

Now what to do with your perfectly poached egg? Forget the usual English muffin or even Canadian bacon, place your poached egg on potato bread and steak, or a biscuit and pulled pork. Better yet, layer it on salmon and asparagus or even Ramen noodles.

Have fun with breakfast! It's the most important meal so make it an event, a celebration. Now that football season is here, serve up some brunch in time for 11 a.m. Sunday kick off!



Poached Eggs



Chuck Harris

CHUCKS' PICKS: Southeast Breakfast Locales

SUNDAY BRUNCH

Goodfellas

3350 Dowlen Road | Beaumont | 409-861-2500

Finch Hutton

1147 Boston Avenue | Nederland | 409-722-3100

DAILY

MCM Elegante Hotel and Conference Center

2355 I-10 South | Beaumont | 409-842-3600

Casual Entrees

6025 Phelan Blvd., Ste. C | Beaumont | 409-861-4247