

Around the World

by 8 A.M.

BANANA HAM AND CHEESE QUESADILLAS

YIELD: 4 servings*
PER SERVING: 450 cal., 33 g pro., 54 g carb., 5 g fiber, 17 g fat, 9 g sat. fat, 60 mg chol., 1,320 mg sod.

INGREDIENTS

Tortillas, flour, 8-in.—8
Bananas—2
Monterey Jack cheese, shredded—2 cups
Bacon or ham—6 ozs.

DIRECTIONS

1. Peel and slice the bananas. Coarsely chop the bacon or slice the ham.
2. Arrange four tortillas on a large baking sheet. Evenly divide the banana slices, shredded cheese and bacon or ham over each of 4 tortillas.
3. Top with the remaining tortillas.
4. Grill or cook in a large non-stick skillet over medium heat until the tortillas are lightly browned on both sides, turning once until the cheese melts.

Photo, recipe & recipe analysis: Dole Food Company, Inc., www.dole.com

*Notes: If this recipe passes the test with a small number of students, adjust the quantities for batch preparation. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements.

KITCHEN WISDOM SAYS . . .

- The students were a little unsure about the bananas being included. Consider serving the bananas on the side.
- Use a whole-grain flour tortilla to meet the grain requirement.
- A low-sodium ham and a low-sodium and/or reduced-fat cheese could be used to make this recipe healthier.

Breakfast in many other countries around the globe bears little resemblance to the American staples of eggs, toast and fruit.

BY CECILY WALTERS

If you had time for a relaxed breakfast—and maybe someone else to prepare it for you—how would you start your day? An ABC News poll from a few years back found that most Americans opt for cold cereal or eggs and bacon. But what about our counterparts around the world? What do they wake up and crave as a breakfast favorite—or novelty? *School Nutrition* invites you to join us on a world tour of breakfast menus that include items from rice to fish to breads of all kinds—and beyond!

Now, before we depart, it's important to keep in mind that no culture is completely in agreement about defining "favorites" and "staples." (After all, for every American opting for cereal, there's someone else citing bagels or fruit or even cold pizza.) So, consider our global breakfast findings to be *representational* rather than definitive. And as a way to stay engaged with some of your students and their parents, ask *them* to confirm the favorite breakfasts from the "old country."

The Morning Meal in... North America

Our first stop on this culinary tour is our own continent of North America, and here in the United States, breakfast traditions can vary quite a bit by geography. For example, don't go seeking hash browns to accompany your eggs in the deep South and be prepared to order grits. The hot cereals favored by Yankees might not be considered acceptable by the breakfast burrito lovers in Texas or New Mexico. A bagel with lox is as *de rigeur* in New York City as beignets are in New Orleans, but you

Kitchen Wisdom says . . . Try This!

BREAKFAST PEAR EMPANADA

YIELD: 4 servings (2 crepes each)*

INGREDIENTS

| | |
|--|-------------------------|
| Biscuits, whole-grain, frozen, 2 ¼-3 ozs.—8 | Cinnamon, ground—½ tsp. |
| Pears, canned, diced in light syrup—2 cups | Cornstarch—2 Tbsps. |
| Sugar—1 Tbsp. | Flour—as needed |
| | Water, warm—½ cup |

DIRECTIONS

1. Drain the canned pears. Heat the oven to 350°F. Place the frozen biscuits on a sheet pan lined with parchment paper. Allow the biscuits to thaw at room temperature, approximately 30 minutes.
2. In a medium mixing bowl, combine the diced pears, sugar, cinnamon and cornstarch. Mix well.
3. On a floured board, pat each thawed biscuit in the flour to lightly coat each side. With a rolling pin, roll each biscuit out to 6-in. diameter. Lay each rolled biscuit on a parchment-lined sheet pan. Using a slotted spoon, place 1/2 cup of the pear mixture in the center of each biscuit.
4. With a pastry brush, lightly brush the warm water on the outside edges of the biscuit dough and fold the dough over to create a pocket filled with the pears. With a fork, gently press the edges to seal.
5. Place each empanada evenly spaced on a lined sheet pan. Bake for 15-20 minutes in a conventional oven or 10-12 minutes in a convection oven, or until golden brown.

Photo & recipe: Christine M. Blaha, director of dining/executive chef, Spartanburg (S.C.) District Five Schools, winner of Pacific Northwest Canned Pear Service's Ripe 'n Ready Recipe Contest, www.eatcannedpears.com

*Notes: If this recipe passes the test with a small number of students, adjust the quantities for batch preparation and conduct a nutrient analysis. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements. According to the company, this recipe meets the grain/bread and fruit requirements for federally reimbursable meal programs.



KITCHEN WISDOM SAYS

- We sprayed the outside with Butter Buds to add a buttery flavor to the biscuit.
- It could be worth trying this recipe with some sausage.
- I sprinkled powdered sugar on the top as a finishing touch.
- I liked the fact that the finished product was not too sweet.
- Rolling out the biscuits might be time-consuming, so if your labor is expensive, it may not be feasible to make this item in your operation.
- Visit www.schoolnutrition.org/snmagazinebonuscontent to view a Kitchen Wisdom Panel photo depicting an alternate way to arrange the dough during menu prep.

may not find either in South Dakota.

Meanwhile, some of our **Canadian** neighbors to the north might spend part of their mornings preparing a meal of *pierogy* (boiled, baked or fried dumplings made from unleavened dough and usually stuffed with potato filling, sauerkraut, ground meat, cheese or fruit). Of course, those in French-speaking Quebec are said to love *cretons*, a salty pork spread for toast.

And farther south, yet still in North America, **Mexicans** tend to gravitate toward items such as beef tips, *chilaquiles* (lightly fried corn tortillas topped with green or red salsa and cheese—and served with refried beans and, occasion-

ally, eggs and pulled chicken) and other morning items with cheese and/or beans as the star of the dish. Extend your food tour to Central America, and sample the **Dominican Republic's** *mangu* (boiled plantains that have been mashed with butter and paired with salami, cheese or eggs). Take a trip to **El Salvador** for *casamiento* (black beans and rice cooked in onion sauce) and salsa paired with fried sweet plantains. Make your way from there to **Costa Rica** and order up *gallo pinto* (made from black beans, rice, optional sour cream, salsa and a corn tortilla that might be accompanied by avocado, plantains or cold meat).

HAM, BROCCOLI AND CHEESE QUICHE

YIELD: 6 servings*

PER SERVING: 390 cal., 19 g pro., 24 g carb., 2 g fiber, 23 g fat, 8 g sat. fat, 838 mg sod., 2 mg iron, 321 mg ca.

INGREDIENTS

| | |
|---------------------------------------|---|
| Onions— $\frac{1}{4}$ cup | Milk— $\frac{1}{2}$ cup |
| Turkey ham— $\frac{1}{4}$ lb. | Cornstarch*—1 Tbsp. |
| Pie shells, 9-in.—1 | Broccoli florets, thawed—1 $\frac{1}{4}$ cups |
| Eggs, liquid, thawed—2 large | Cheese, shredded— $\frac{1}{2}$ lb. |
| Mayonnaise, lowfat— $\frac{1}{2}$ cup | |

DIRECTIONS

1. Preheat the oven to 325°F.
2. Peel the onions and wash thoroughly, then chop with a chef's knife. Dice the ham in $\frac{1}{2}$ -in. cubes with a chef's knife.
3. Bake the empty pie shell in the preheated oven for 5 minutes.
4. Combine the eggs, mayonnaise, milk and cornstarch (or flour) in an appropriate-sized bowl.
5. Roughly chop the thawed broccoli florets and squeeze out any excess moisture.
6. Add the prepared ham, onions and broccoli to the egg mixture. Stir in the cheese and mix well. Pour the liquid mixture into the pie shell.
7. Bake in the preheated oven for 30-40 minutes more or until the internal temperature reaches 155°F or above. Reduce the oven temperature or cover lightly with foil if the pie browns too quickly.
8. Remove the quiche from the oven and let stand for 10 minutes or more until it sets firmly. After it has set, divide it into six equal wedges and serve.

Recipe & recipe analysis: Wake County Public Schools Department of Child Nutrition Services, Cary, N.C., www.wcpss.net/parents/school-meals

*Notes: If this recipe passes the test with a small number of students, adjust the quantities for batch preparation. If serving as part of the reimbursable meal, adjust the serving size to meet current meal pattern requirements. The 1 Tbsp. cornstarch can be substituted with 2 Tbsps. all-purpose flour.

MANGO ALMOND CRÊPES



YIELD: 4 servings (2 crêpes each)*

MANGO SAUCE INGREDIENTS

Butter—2 Tbsps.
Brown sugar— $\frac{1}{2}$ cup
Almond extract— $\frac{1}{2}$ tsp.
Heavy cream—2 Tbsps.
Mangos, medium—2

CRÊPE FILLING INGREDIENTS

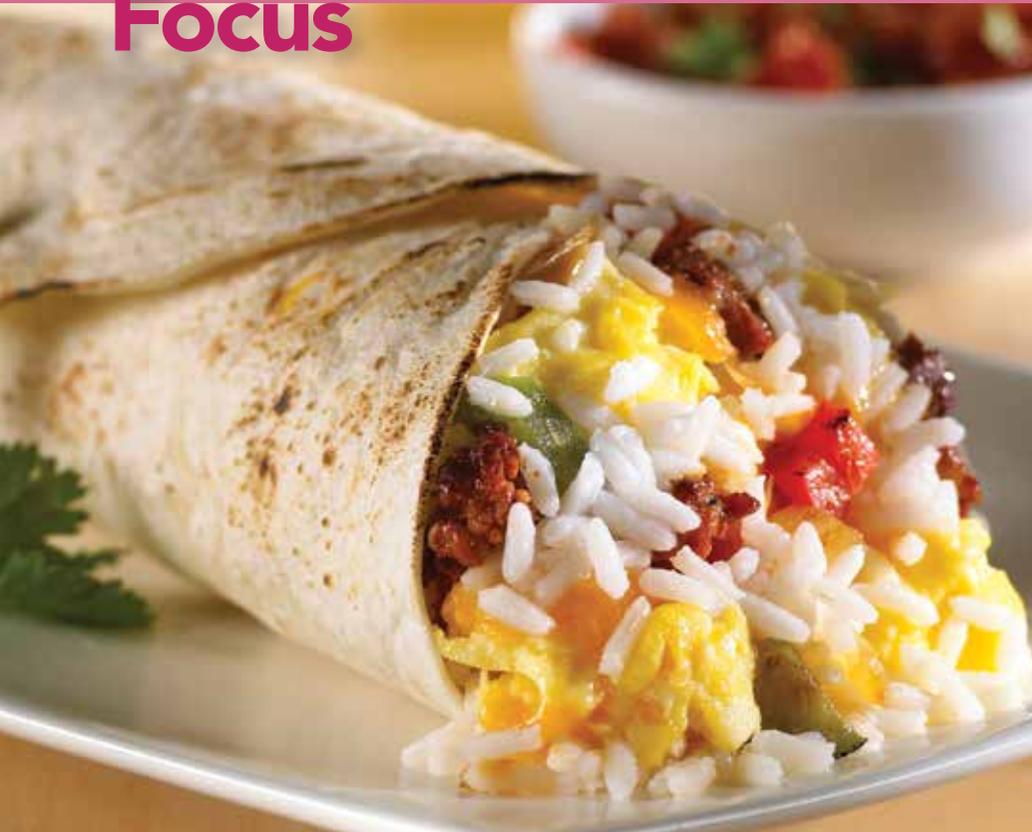
Ricotta cheese, lowfat— $\frac{1}{2}$ cup
Honey—3 Tbsps.
Cinnamon— $\frac{1}{4}$ tsp.
Crepes, prepared—8
Butter—2 Tbsps.

DIRECTIONS

1. To prepare the mango sauce: Peel, pit and slice the mangos.
2. Melt 2 Tbsps. of butter in a medium saucepan. Add the brown sugar and almond extract; cook and stir until dissolved. Cook over low heat for 5 minutes, then remove from heat.
3. Stir in the cream and cook for 1 minute more. Stir in the mango and set aside.
4. To prepare the crêpe filling: Stir together the ricotta cheese, honey and cinnamon in a medium bowl.
5. Spread about 2 Tbsps. of the ricotta cheese mixture onto half of each crêpe. Fold the crêpe in half, then in half again.
6. Melt 2 Tbsps. of butter in a large skillet. Add the crêpes and cook over medium heat for a few minutes on each side to lightly brown and warm.
7. To serve: Transfer to plates and top each crêpe with an equal amount of mango sauce.

Photo & recipe: National Mango Board, www.mango.org

*Notes: If this recipe passes the test with a small number of students, adjust the quantities for batch preparation and conduct a nutrient analysis. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements. To recalculate the recipe for a larger number of students, visit www.mango.org/recipe/mango-almond-crepes and type in the desired number of servings, then select "calculate." If desired, make a lower-fat substitution for the heavy cream.



CHORIZO, RICE AND EGG WRAP

YIELD: 12 servings*

INGREDIENTS

- Chorizo sausage—1 lb.
- Vegetable oil—4 Tbsps.
- Peppers, green or red—3 cups
- Onions, yellow—2 cups
- Garlic—2 Tbsps.
- Rice, long-grain, brown or white, cooked—1 ½ qts.
- Cilantro, fresh—½ cup
- Eggs—24 large
- Water—½ cup
- Scallions—½ cup
- Salt—½ tsp.
- Red pepper sauce—½ tsp.
- Cheese—optional
- Tortillas, whole-grain—12
- Salsa—optional

DIRECTIONS

1. Chop the peppers, onions and scallions. Mince the garlic and cilantro.
2. Sauté the chorizo in 2 Tbsps. of the oil in a large skillet over medium-high heat until it's lightly browned. Add the peppers, onions and garlic and continue cooking for 3-4 minutes or until the vegetables are tender.
3. Slowly add in the cooked rice, stirring until the mixture is hot. Remove from heat and stir in the cilantro. Cover and keep warm.
4. In a large bowl, beat together the eggs, water, scallions, salt and red pepper sauce.
5. Pour the remaining 2 Tbsps. of the oil into a large skillet or sauté pan and heat over medium-low heat. Pour in the egg mixture and cook for several minutes to set the eggs. Continue cooking, stirring gently, until the eggs are scrambled, soft and moist. If desired, sprinkle cheese on top to melt. Remove from heat.
6. For each serving: Divide both the chorizo mixture and the egg mixture into 12 equal portions. Place one of each in the center of a tortilla. Fold up one end of the tortilla to enclose the filling, then fold the two sides around the filling to make a wrap. Serve with salsa, if desired.

Photo & recipe: USA Rice Federation, www.menurice.com

*Notes: If this recipe passes the test with a small number of students, adjust the quantities for batch preparation and conduct a nutrient analysis. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements.

Enjoying a vacation in the **Bahamas**? Be sure to try a typical breakfast of grits topped with prawns. Maybe you're honeymooning in **Belize**, where *fry jacks*, deep-fried pieces of dough, are a common staple. Order them alongside beans and eggs or jam and honey.

The Morning Meal in... South America

Heading to the Equator, breakfast time finds many **Venezuelans** helping themselves to *empanadas* (small pastries filled with cheese, minced meat or any combination of veggies and beans). Residents of neighboring **Colombia** might mix up a dish of *changua* using milk, scallions and cheese.

Brazilians lay out a morning spread of meats, cheeses and bread, while Argentinians are said to love their breakfast drinks, including *mate* (a caffeinated drink made by steeping dried leaves of the *yerba mate* plant) and *dulce de leche* (caramelized milk). While *ceviche* (a seafood dish made from fresh raw fish that has been marinated in lemon or lime juice and spiced with chili

peppers) is considered part of **Peru's** national heritage (with its own holiday), it's more likely that your morning meal here will be either *caldo de galina* (a hen broth common in the highlands) or *el sandwich de chicharron* (a French bread-style sandwich featuring deep-fried pork, salsa and fried sweet potatoes). In nearby **Bolivia**, the breakfast crowd reportedly goes wild for *saltenas* (similar to *empanadas*), which they fill with meat and vegetables and sweeten slightly with sugar.

The Morning Meal in... Africa

The next leg of our breakfast journey takes us to Africa. There, you'll likely find **Moroccans** enjoying a bread of some sort, perhaps *baghir* (a semolina pancake bread), spread with chutney, jam, cheese or butter. Thanks to a popular Eighties hit, we know how to walk like an Egyptian, but how can we *dine* like an Egyptian? To give it a go, start with a breakfast of *ful medames*, consisting of fava beans, chickpeas, garlic and lemon, and savor a dish that dates back to the time of the country's

pharaohs. Top your creation with olive oil, cayenne, tahini sauce, a hardboiled egg and some diced green vegetables.

In **Ghana**, you'll probably come across street stalls selling a popular morning meal called *waakye* (rice cooked in beans). If you find yourself in **Uganda**, give *katogo* (a combination of green cooked bananas mixed in a beef stew or vegetable sauce) a try. It's said that no South African breakfast is complete without a side of spicy *boerewors*, an Afrikaans word that means "farmers sausage."

The Morning Meal in...Europe

Countries like **France** and **Italy** may be well known and regarded for their popular *crêpes*, *croissants* and *cappuccinos*, but let's not overlook the breakfasts of choice of other European denizens. To start, you may have heard the traditional *English* breakfast referred to as a full meal, and here's why—it generally contains beans, sausages, bacon, eggs, mushrooms, hash browns and toast. (And of course, don't forget the tea as the beverage accompaniment.) Meanwhile, elsewhere in the United Kingdom, citizens of **Wales** likely fix themselves a bit of Welsh rarebit (cheese on toast). In **Scotland**, haggis (a savory pudding consisting of sheep's heart, liver and lungs minced with onion, oatmeal, suet, spices, salt and stock) is usually served for supper, but has been menued with a fat-fried egg at breakfast. The tradition in **Ireland** is to greet the day with white pudding and soda bread.

Across the North Sea, in the **Netherlands**, you'll likely find the Dutch helping themselves to apple pancakes (generally thinner than the American version) served with *stroop* (a dark syrup). A different type of pancake is part of the morning meal in **Poland**; potato pancakes often appear on the breakfast menu, along with scrambled eggs covered with kielbasa sausage. And yet another country enjoys a morning pancake, as well—**Sweden**, whose residents often dine on *pannkakor* (a thin flat cake made from batter and fried on both sides, similar to a crêpe, and filled with a sweet fruit). *Pogácsa*, a savory breakfast item with a scone-like consist-

BLUEBERRY OATMEAL BREAKFAST BARS

YIELD: 24 servings*

INGREDIENTS

| | |
|---------------------------------------|-----------------------------------|
| Blueberries, unthawed, frozen—16 ozs. | Brown sugar, light, packed—1 cup |
| Blueberries, dried—1 cup or 5 ozs. | Cinnamon, ground—2 tsps. |
| Sugar—2 Tbsps. | Salt—½ tsp. |
| Cornstarch—2 tsps. | Butter, chilled—1 cup or 2 sticks |
| Lemon juice—2 tsps. | Oats, old-fashioned—2 cups |
| Vanilla extract—1 tsp. | Walnuts—1 cup |
| Nonstick spray—as needed | Powdered sugar (optional)—½ cup |
| Flour, whole-wheat—2 cups | |

DIRECTIONS

1. Cut the butter into 1/2-in. cubes; keep cold. Coarsely chop the walnuts.
2. In a heavy saucepan, toss both the frozen blueberries and the dried blueberries with the sugar and cornstarch. Over medium heat, bring the mixture to a simmer, then reduce the heat to low and cook until the fruit is very soft and the filling is thick. Stir often, for about 7 minutes. Remove from heat and stir in the lemon juice and vanilla extract.
3. Position the oven rack to the top third of the oven cavity and heat to 350°F. Spray a 13x9x2-in. metal baking pan with nonstick spray.
4. In a food processor, combine the flour, brown sugar, cinnamon and salt; pulse to combine. Add the cold butter; pulse until small clumps form. Transfer to a large bowl and stir in the oats and walnuts to create a crust.
5. Set aside 2 cups of crumb mixture and firmly press the remaining crumbs into the pan. Spread the blueberry filling evenly over the crust. Sprinkle the remaining crust mixture over the top of the filling; press gently.
6. Bake until brown and firm to the touch, 25-30 minutes. Cool in a pan on a rack.
7. Sprinkle with powdered sugar, if desired. Cut 4x6, creating 24 bars.
8. Store covered at room temperature for up to 24 hours; refrigerate for longer storage.

Recipe: Robert Mayberry, executive chef at University of Texas at Austin, for U.S. Highbush Blueberry Council, www.blueberry.org

***Notes: If this recipe passes the test with a small number of students, adjust the quantities for batch preparation and conduct a nutrient analysis. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements.**

tency, is featured prominently in festivals held throughout the year in **Hungary**. **Spaniards** looking for a quick breakfast might simply grab some bread and rub it with fresh garlic and a ripe tomato before drizzling it with olive oil and salt.

You might observe **Icelandic** residents consuming a hearty breakfast such as *hafgrautur* (oatmeal) served with brown sugar and a few raisins or nuts on top, to prepare for the dark, icy mornings. Many **Germans** wake up with a meal of *wursts*, local cheeses and freshly baked bread. Located not too far from Germany on the map is **Estonia**, whose residents are said to start their days with a type of cheese on toast item consisting of curd

cheese on a wheat biscuit. Morning meals in **Denmark** are likely to feature cheese and rye bread, with salami, ham, *pâté*, ham, honey, jam and perhaps even thin pieces of chocolate appearing as accompaniments. **Russia**, some of which is located in Europe, while other parts of the country are technically located in Asia, boasts a traditional breakfast item called *oladi*, similar to pancakes and Yorkshire pudding and hot and soft with a crispy edge. *Oladi* can be enjoyed with sour cream, honey, jam or fresh berries.

The Morning Meal in...Asia

Breakfast menu items can vary by region in **China**, the world's fourth-largest

country by land mass and the most populous, but noodles seem to be a common breakfast favorite from border to border. Many Chinese begin the day with a bowl of *congee*, a watery rice “porridge” with variations in many Asian countries. The key is to season *congee* to make it taste either sweet or savory.

A classic **Japanese** breakfast includes miso soup, grilled fish, a rolled omelet, rice, Japanese pickles and green tea, or perhaps a tofu dish containing fish and rice. Many **Vietnamese** wake up with *pho*, a noodle soup containing star anise, cinnamon, cardamom and basil. Another popular Vietnamese breakfast option is *banh mi* sandwiches (baguettes filled with various meats, meatballs and pâtés).

It’s not unusual for **Koreans** to start their day with *kimchi* (a traditional side dish made of fermented vegetables with a variety of seasonings), which may be served with porridge with shredded chicken or soups containing dried pollock, beef ribs or seaweed. Common breakfasts of choice in **Thailand** are said to be fairly similar to what you might see for dinner: rice noodles flavored with condiments such as fresh or preserved chiles in vinegar and fish flavored with mint and spice, combined with pork and served with rice.

Malaysians also are partial to noodles and might jumpstart their day with a hot bowl of *mee* (noodles mixed with egg, vegetables and spices). Alternately, Malaysians might whip up *nasi lemak* (coconut rice, anchovies, roasted peanuts, cucumber, a hard cooked egg and some spicy sauce) and serve it in a banana leaf, newspaper or brown paper. **Filipinos** love local fruits, such as mangos, which are known for aiding in the regularity of bodily functions. Their morning meal also may include rice and small sausages called *longganisa*, which, when fried with salt and

garlic cloves, becomes *sinangag*. The *sinangag* then can be combined with eggs, meats and beans.

Similar to China, breakfast cuisine in **India** tends to vary by region, but generally includes something along the lines of rosemary roasted potatoes, Indian tofu scramble, lentils, vegetarian sausage and banana pepper toast. As a guest of a **Mongolian** family, you might be served a breakfast of boiled mutton with a side of rice. While in **Pakistan**, you likely would find *aloo paratha* on the breakfast menu. It can be described as unleavened flatbread made by pan-frying whole-wheat dough. The bread usually is stuffed with vegetables and can be eaten with butter, chutney or other sauce. Try eating it like the locals do by rolling it up and dipping it in your tea.

Elsewhere in Asia, **Israelis** start their day off with fresh bread, a variety of cheeses, fresh juice and olives. Also in the Middle East, citizens of **Jordan** are said to vary their breakfast menus depending on their cultural background, but *labneh* (a soft cheese made from strained yogurt), hummus and *falafel* are popular options and can be served with olive oil, lamb sausage, jam and butter, turkey or beef *mortadella*. Many **Lebanese** help themselves to *fatteh*, made with layers of toasted pita, chickpeas, yogurt and pine nuts, and **Iranians** might opt for a piece of *naan* (bread), or, if they’re craving a heartier breakfast option, *halim* (a mixture of wheat, cinnamon, butter and sugar cooked with shredded meat in huge pots that can be eaten hot or cold).

The Morning Meal in...Australia

As we wind down our continent-by-continent jaunt, it’s time to briefly head down under to **Australia**. You’ve probably heard that Australians love their Vegemite, and that goes for breakfast time, too. In the

BONUS WEB CONTENT

For a list of the resources used for this article and descriptions and photos of some of the items described here, as well as additional international-themed breakfast recipes, don’t miss online-only content at www.schoolnutrition.org/snmagazinebonuscontent.

early hours of the day, you’re likely to see Australians spreading the dark brown food paste, which is made from leftover brewers’ yeast extract and contains a variety of vegetables and spice additives, on a piece of bread.

The Morning Meal in... Your Operation

Left salivating—and inspired—by this article? While many of the breakfast items you’ve just read about, as well as the recipes included on these pages, require far more time and ingredients than typically allowed in a school nutrition operation—and probably won’t fit into either your budget or the reimbursable meal pattern—you can still apply such cultural influences for special occasion menus, nutrition education activities, classroom partnerships, cultural heritage promotions and more. No matter what you serve for breakfast, always be sure to offer a hearty welcome to your students and encourage them to enjoy their morning meal—maybe with a friendly greeting in a different language, such as French, Spanish or Indonesian (“*Bon appetit!*”, “*Buen provecho!*” or “*Selamat makan!*”). **SN**

Cecily Walters is School Nutrition’s managing editor. Editor **Patricia Fitzgerald** also contributed to this article.

TO YOUR CREDIT: For CEUs toward SNA certification, complete the “To Your Credit” test on page 68.

Recipes obtained from outside sources and published in *School Nutrition* have not been tested by the magazine or SNA in a school foodservice setting, except for certain “Kitchen Wisdom” selections, which are evaluated by a volunteer pool of operators. When available, nutrient analyses are provided by the recipe source. Required ingredients, preparation steps and nutrient content make some recipes more appropriate for catering applications or adult meals. Readers are encouraged to test recipes and calculate their own nutrition analyses and meal patterns before adding a recipe to school menus. In addition, SN recognizes that individual schools use varying documentation methods and preparation steps to comply with HACCP principles; we encourage you to add your own HACCP steps to these recipes.