

Breakfast at...

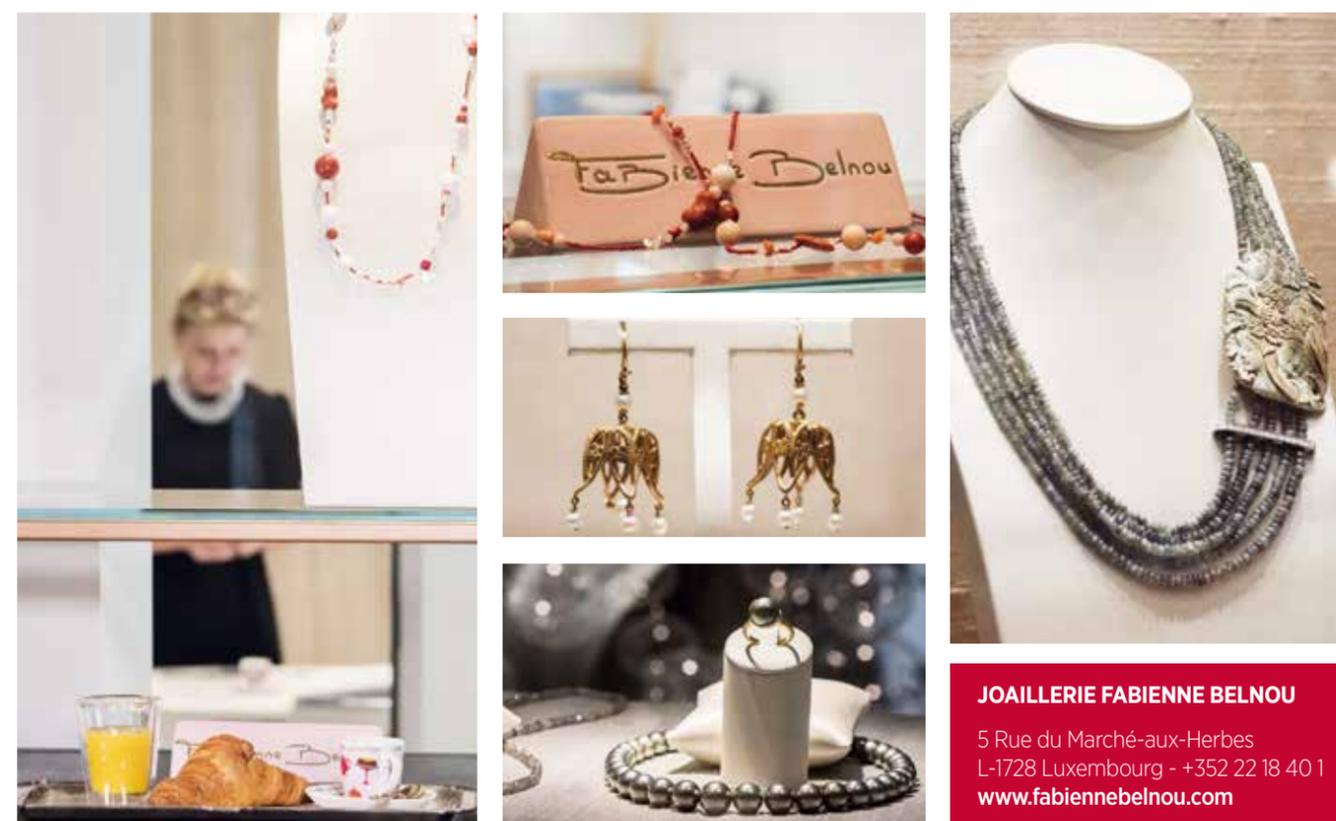


Just once, to stroll 5th Avenue like Audrey Hepburn as Holly Golightly in 'Breakfast at Tiffany's' and sip coffee at the famous jewellery shop, that's still the dream of many a young girl since that classic film took the world by storm in 1961.

When the KACHEN Editorial Team took up the subject of 'breakfast recipes', the parallels to the legendary film practically wrote themselves. Jewellery designer Fabienne Belnou, with whom KACHEN already did a wonderful 'Food Meets Jewellery' photo shoot last year together with Chef Damien Klein, didn't have to be asked twice.

She personally slipped into the role of style icon Audrey Hepburn with enthusiasm and the team had a great deal of fun making this recipe piece in Fabienne's boutique, even if Luxembourg isn't quite as swank a location as New York.

As KACHEN doesn't just offer coffee and croissants for breakfast 'to go', KACHEN staff member and blogger Elisabeth Beckers (her blog is called Breakfast Delights) has come up with a series of simple yet varied breakfast and brunch recipes. We wish you lots of fun making them!



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Avocado on toast

Serves 4 **10 minutes**

- 2 ripe Hass avocados • ½ lemon
- 4 slices of sourdough country loaf
- 4 tbsp. olive oil • Freshly ground black pepper • Fleur de sel

1 Remove the stone and skin from the avocados, cut each half into thin slices and drizzle with a little lemon juice. **2** Toast the sourdough until nice and crispy. **3** Arrange the avocado slices on the bread and drizzle each slice of bread with 1 tbsp. olive oil. Season generously with freshly ground pepper, fleur de sel and a little grated lemon zest.



RECIPES ELISABETH BECKERS PHOTOS RAMUNAS ASTRASKAS

Bagel with smoked salmon, herb cream cheese and radishes

6-8 Bagels **50 minutes + 90 minutes resting time**

- 250 g spelt flour, Type 630 • 175 ml milk • 21 g fresh yeast
- 1 ½ tbsp. cane sugar • 1 tsp. baking soda • 1 small egg
- black and white sesame seeds • 10 g fresh dill
- 1 tbsp. mustard • 250 g cream cheese (40% fat)
- 1 small bunch of radishes • ½ cucumber • 250 g smoked salmon
- ½ lemon • Salt and freshly ground black pepper

1 Sift the flour into a bowl and make a hollow in the middle. **2** Heat the milk until lukewarm. Add the yeast and ½ tbsp. cane sugar, stir to dissolve and pour into the hollow. Cover and let sit for 15 minutes. **3** Then stir the mixture and add a tsp. of salt. Knead with your hands or a food processor for a good 5 minutes. Cover the bowl and let the dough rise in a warm place for 1 hour. **4** Knead the dough again, divide into 6-8 portions, shape into balls, flatten

and then poke a hole in the middle with your finger to create the typical bagel shape. Cover and let rest for another 15 minutes. **5** Preheat the oven to 200 °C. Fill a large pan with 2 litres of water, add 1 tablespoon of cane sugar and the baking soda and bring to a boil. Dunk the bagels in the simmering water for 30 seconds at a time, in batches of 2-3. **6** Remove each bagel with a slotted spoon, drain and place on a tray covered with baking paper. Prepare an egg wash, brush the bagels with it and sprinkle with sesame seeds as desired. **7** Bake for 20 minutes on the middle rack of the oven until golden brown. Allow to cool completely on a wire rack. **8** Wash the dill and pat dry. Remove stalks, finely chop and mix into the cream cheese with the mustard, salt and plenty of pepper. Cut the radishes and cucumber into thin slices. **9** Toast the bagels, then smear the herb cream cheese on one half, top with smoked salmon, garnish with radish and cucumber slices and season with fresh lemon zest and freshly ground pepper.



'Croisière' bracelet (€6,560), 'Charlotte' ring (€8,995), 'Diamond' ring (€29,895)

Waffles with bacon and fried egg

🕒 8 waffles 🕒 40 minutes

- 125 g softened butter • 3+8 eggs
- 250 g spelt flour, Type 630 • 1 tsp. baking powder
- 250 ml whole milk • 100 ml mineral water
- 8-16 thin slices of bacon • 8 tsp. maple syrup
- Sea salt and fleur de sel

1 Whip the butter with 1 tsp. salt until creamy. Separate 3 eggs. Add the egg yolks to the creamy butter and whisk until foamy. Mix the flour and baking powder and gradually

add to the butter-egg mixture with the milk. Add the mineral water and mix. 2 Let rise for 20 minutes at room temperature. 3 Beat 3 egg whites until stiff and fold in. Bake the waffles one at a time in the preheated, greased waffle iron, for about 3 minutes. 4 In the meantime, fry the bacon until crispy in a non-stick pan with no added oil. Drain on kitchen paper. Wipe the pan clean with kitchen paper and use to make 8 fried eggs. 5 Put one waffle on each plate, top with 1-2 slices of bacon and a fried egg and season with Fleur de Sel. For a salty-sweet note, drizzle with some maple syrup. Serve immediately.



French toast with caramelised apples and almonds

🕒 Serves 4 🕒 25 minutes

- 4 tbsp. cane sugar • 2 apples • butter
- 1 pinch of vanilla powder • 20 g slivered almonds
- 3 eggs • butter • 6 slices of loaf bread • a little clarified butter
- 4 tbsp. sour cream • 4 tsp. maple syrup • salt

1 Put 3 tablespoons of cane sugar in a pan and let melt. In the meantime, peel the apples, cut into 8 segments and remove the core. Once the sugar has melted, add 1 tbsp. butter, a pinch of salt, a little vanilla powder and the apple segments and fry for 5 minutes over medium heat. Reduce the heat and keep everything

warm until serving time. 2 In the meantime, heat a non-stick pan with no oil and add the slivered almonds. Toast the almonds over medium heat until golden brown, being careful not to burn them. Remove from pan and let cool. 3 Beat the eggs in shallow dish, with 1 tablespoon of cane sugar. 4 Butter each slice of bread on both sides, then cut into 2 triangles. Dip the slices into the egg mixture one by one and then fry in a hot non-stick pan with a little clarified butter. 5 Turn over when golden brown (after about 3 minutes), and fry for another 3 minutes until done on both sides. 6 Serve the French toast with caramelised apple slices, a dollop of crème fraîche, maple syrup and slivered almonds.



'Pink' earrings (€995),
'FB' necklace (€1,230)

Breakfast sandwich with scrambled eggs, ham, cheese and avocado

🍴 Serves 4 🕒 15 minutes

- 4 lettuce leaves • 1 ripe avocado
- 4 large slices of sourdough country bread
- 4 slices of cheese • 4 slices of cooked ham • 6 eggs
- 4 tbsp. whole milk • butter • freshly ground black pepper • salt

1 Wash the lettuce and spin dry. Remove the stone and skin from the avocados and cut each half into slices. Lightly toast the bread, then cut each slice in half. **2** Butter 4 of the 8 half-slices of bread and top with lettuce leaves and one slice each of ham and cheese. **3** Whisk the eggs and milk in a bowl with salt and pepper. **4** Melt the butter in a non-stick pan, then add the whisked eggs and let stand. Stir with a spatula, making sure that eggs don't get too dry. Scrambled eggs should be soft and creamy! **5** Put some scrambled egg and avocado on each slice of bread. Top with another half-slice and serve immediately.



Chocolate smoothie bowl with beetroot

🍴 800 ml (serves 3-4) 🕒 10 minutes

- 1 small beetroot • 80 g baby spinach leaves • 4 Medjool dates
- 1 small, ripe banana • 150 g frozen raspberries
- 1 small slice of lemon, skin on • 4 tbsp. cocoa powder
- 250 ml almond milk • 150 ml water

1 Peel the beetroot and dice coarsely. Wash the spinach, stone the dates and peel the banana. **2** Place all the ingredients in a high-speed blender and mix until smooth. Add more water or almond milk to achieve the desired consistency. **3** Pour into beautiful bowls and decorate with fresh or dried fruit and seeds or nuts. Serve immediately or refrigerate and enjoy for breakfast the next morning.

The flatware shown in the photos for 'Breakfast at Fabienne's' was provided by the Pall Center and is available in the design department on the ground floor of the Pall Center in Oberpallen.



'Jeu d'Échec' bracelet (€4,155), 'Jeu d'Échec' ring (€1,270), 'Jeu d'Échec' earrings (€6,660)