

**Breakfast Episode Notes from
Ancestral Kitchen Podcast episode 105
16 Breakfasts with Traditional Foods (Fast, Prep-Ahead, and On the Go!)**

A list of breakfasts from *What I Eat*, by Peter Menzel and Faith D'Alusio, in order they appear; all pulled from people who ate traditional, not Westernized/branded foods

Ugali (cornmeal porridge) and milk; Sorghum porridge; bread roll; cornmeal porridge and sour milk; tofu and pork, rice; potato, green beans, carrot, potato, rice; eggs, rice porridge; Cookies, tea; Bread, apple, tea; Pho; sorghum porridge, vegetable soup; Cookie, milk; Flatbread, nuts, cheese, milk; Potato curry, flatbread, milk and tea; Fry bread, milk and tea; Rice noodles, fish sauce; Bread, jam, honey, butter, coffee; fava beans, flatbread, tea; eggs, corn tortillas, beans, milk, coffee; Eggs, pita, labneh, tomato, olives, milk, tea; Chocolate pastry, coffee, milk; Bread, tea, milk; Rye bread, honey, butter, eggs, pork meatballs, ham, coffee; Eggs, fava beans, flat bread, potato, tomato, cheese, tea... (not all breakfasts, I stopped around the 3300 cal mark)

Referenced in the episode: *Food in England*, by Dorothy Hartley

Fast Breakfasts

Overnight Porridge (can be gf, mixed grain, rolled or cracked cereal), my kids prefer with toast to “dip”, we talked about this at length in episode 34, Our Favorite NT Recipes; and #70, Fermenting Oats; and # 103 NT Recipes (Recipe link in resource). Alison makes hers in the Instant Pot.

Pre-mixed pancake/waffle batter (sourdough - keep a jar up to about a week)

Toad-in-a-hole or Egg Sandwich

Overnight Sourdough Oat Cakes (Alison's website, link in resource)

Topped Oat Cake - Favorite - Fried or scrambled eggs on an oat cake (can be left over) with kraut and sour cream or cream

Soup - make soup in the evening, simmer on stove/in crockpot overnight. Wake up and it's hot n ready when you walk out. GAPS

Alison's Fast Breakfasts - Eggs, soft boiled with slice of sourdough

Fried eggs with above

Omelette with above

(add fermented veg or a slice of cheese!)

Broth with a poached egg (plus leftover grains)

Leftover tray-baked vegetables heated up in pan with an egg over them or ground linseed.

Left over anything - we've eaten pizza for breakfast!

Longer Prep Time but Hands Off

When Kenton was new born and Gary was home he was making me steak and eggs and toasted sourdough every day. I didn't mind that!

Alison's Fermented Oat Bake, went out in her newsletter. Sign up for her newsletter! (Recipe link in resource, and Alison's newsletter)

Dutch Baby (link in resource)

Breakfast Casserole - catch-all. Simple Strata recipe link in resource/ Use scrap/stale bread.

I really want my family to like baked oats, but they really don't eat it

Shakshouka - tomato sauce simmering in a pan, crack in a bunch of eggs (at least 1 per person, or in my case, 10) (recipe in resource) really good with leftover fried polenta, recipe in Alison's Ancient Grains download

Muffins - make and pour into pan or muffin cups and refrigerate overnight, bake in the morning. Or mix early am. Can stuff with fruit, jam, cheese, or a hardboiled egg if they are big muffins. Can top with cheese, fruit, streusel.

Alison - Pack leftovers, cold rice, veg, a hard-boiled egg, olive oil drizzled. Or a cold staffordshire oat pancake with cheese inside.

Portable Breakfasts

Breakfasts one can take out the door! Of course there is the classic slice of bread with cold bacon on it, but most people expect a little more these days

Traditional Scottish Oatcakes (recipe link in blog. Get the Ancient Grains download on Alison's newsletter!) - can pack with a slice of meat and cheese

Breakfast Burritos - homemade tortillas (can be made ahead), scrambled eggs, crumbled sausage, diced bacon, diced ham, ground beef, chopped liver, chopped heart, kraut, cheese, cooked greens, anything goes here. We avoid wet juicy things for portable burritos i.e. tomatoes, salsa, lots of sour cream

Einkorn Breakfast Muffins - cornmeal and einkorn (spelt would work!), with chopped boiled eggs, and bacon (recipe in resources). Easy to do variations based on what you have. So filling.

Quiche (recipe in resource)

Piroshky - bun stuffed with cabbage and meat

Blini - stuffed with cheese, meat, etc. Or – similar -

Pancakes - rolled with any filling, kids like PB and J or just PB, homemade fruit jam (make sure not too messy), mixed meat

Sign up for Alison's Newsletter and download her 30-page book on Ancient Grains for FREE!

<https://ancestralkitchen.com/ancientgrains/>

Overnight Porridge (Lacto-Fermented Oats) <https://app.plantoeat.com/recipes/40797976/>

Alison's Fermented Oat Casserole <https://ancestralkitchen.com/2022/07/29/fermented-oat-bake/>

Alison's Newsletter <https://ancestralkitchen.com/>

Alison's Sourdough Oat Cakes <https://ancestralkitchen.com/2023/01/24/sourdough-oatcakes/>

Traditional Scottish Oatcakes <https://ancestralkitchen.com/2023/01/19/traditional-scottish-oatcakes/>

Dutch Baby <https://app.plantoeat.com/recipes/41994723/>

Simple Strata (Breakfast Casserole) <https://app.plantoeat.com/recipes/40889096/>

Einkorn Breakfast Muffins <https://app.plantoeat.com/recipes/40771426/>

Quiche <https://app.plantoeat.com/recipes/41680594/>

Shakshouka <https://app.plantoeat.com/recipes/41706266/>