

## **Chef Carolyn's Corner - Breakfast**

Written by Carolyn Shelton  
Friday, 21 October 2011 00:00

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### **Chef Carolyn's Corner**

Breakfast food. Many of us conjure up memories of Mom or Grandma in the kitchen whipping up some wonderful Biscuits, Bacon, Grits, and if you're from Louisiana some Cush Cush and Milk.....Fresh Figs and homemade everything, even the butter.

We were told this was the most important meal of the day (Still Is).

Now we move into another conversation and recipes for breakfast food, brunch, early morning, late at night, our taste buds will crave breakfast food. Just check out the Denny's and Ihops.

The old classics still remain, but because of our cultural diversity, we now find ourselves eating an egg burrito with chorizo or fried chicken and waffles. An L.A., New York thing.

Our taste buds are all over the place from Sausage and Biscuits to Egg McMuffin.

Rustic to Upscale, I think you would agree, Breakfast is anytime

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Here are a few recipes you may enjoy.

Chef Carolyn

### **Sweet Potato Waffles**

#### Ingredients

2 cups peeled sweet potatoes

1 cup milk

2 large egg yolks

1/4 (packed) light brown sugar

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1/4 cup unsalted butter

1 tsp grated peeled ginger

1 3/4 cups all purpose flour

1 Tbsp. baking powder

1 1/4 tsp ground cinnamon

1/2 tsb salt

1/4 tsp ground cloves'

1/8 freshly grated nutmeg

6 large egg whites, room temperature

Nonstick vegetable oil spray

A nice waffle iron

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### Directions

Place sweet potatoes in a steamer basket, set in a large saucepan of simmering water. Steam potatoes until tender, about 20 minutes. Transfer to a medium bowl and mash well. Add milk, egg yolk, brown sugar, butter, and ginger. Whisk and blend.

Preheat waffle iron. Whisk flour and the other 5 ingredients (Use Electric Mixer).

Add potato mixture and whisk and blend. Using an electric mixer, beat egg whites in another bowl until peaks form

Add 1/2 of whites to potato mixture, fold to blend. Add remaining whites in batches, folding just to blend between additions.

Coat waffle iron with nonstick spray. Work in batches

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### White Wheat Silver Pancakes

#### Ingredients

1 cup whole wheat flour

1 cup all purpose flour

3 tablespoons sugar

1 teaspoon baking soda

1/4 teaspoon salt

2 cups buttermilk

2 large eggs

1 teaspoon vanilla extract

1/2 cup butter

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### Directions

In a large bowl, combine flours, sugar, baking powder, and salt.

In another large bowl combine buttermilk, eggs and vanilla. Gradually add flour mixture, stirring just until oil combined. In a large skillet, melt 1 teaspoon butter.

Spoon batter into hot skillet (Cast Iron works well) by tablespoonfuls for each pancake. Makes 5 to 6 servings.

Check out other recipes from Chef Carolyn's cookbook "Zydeco Blues "n" Gumbo."

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