

[Brandywine Table]

Breakfast Anytime

FOR SOME, IT'S THE
FAVORITE MEAL OF THE DAY.

Laura Muzzi Brennan

MUCH INK HAS BEEN SPILLED OVER THE HEALTH benefits of eating breakfast. But why should traditional breakfast foods be viewed simply as a way to fill the tank before driving into your day? Eggs, pancakes, hot cereal, even a humble hash deserve the limelight not only in the morning but at lunch, dinner and dessert.

Seth Arnold, executive chef at **EatNic Urban Farmhouse Eatery & BYOB**, wholeheartedly embraces this philosophy. FYI: Arnold is a veteran of Silverspoon, Station Taproom and Amani BYOB where he was chef de cuisine.

Ever since EatNic opened in late 2016, it has allowed diners to order breakfast-y dishes from the lunch and weekend brunch menus anytime. And if you want a dish from the dinner menu first thing in the morning? That's fine too. Such flexibility is possible because dishes are made fresh to order in a kitchen that's open 7 days week and serves continuously from 11 a.m. weekdays and 9 a.m. weekends until 9 at night.

Arnold takes special pride in EatNic's egg cookery, which starts with eggs sourced from Glenmoore's Hillshire Hills Farm. Although he smiles when he quotes Anthony Bourdain—"the way you make an omelet reveals your character"—he's serious about turning out classic French omelets (creamy inside, pale outside) from basic bacon cheddar to the gourmet gastro duck confit and goat cheese.



His frittatas showcase each season's finest produce, and a duckfat basted egg accompanied this winter's farmhouse apple hash. On the early spring menu, look for steak and eggs featuring Niman ranch strip steak. The Urban Farmhouse Breakfast—2 eggs any style, breakfast potatoes, bacon and/or sausage, toast—is immensely popular, and Arnold relishes the challenge of making eggs to a diner's specifications. Like eggs sunny and well-done? No problem.

Poached egg dishes add another feather in EatNic's cap. Arnold keeps an induction burner going all day dedicated entirely to poached eggs. The steady simmer means the poached eggs for classic Benedicts and daily farmer's market special are cooked fresh to perfection time after time.

EatNic's deconstructed take on shrimp and grits is also an egggy affair: poached eggs top sautéed shrimp, grit cakes made with Castle Valley grits, and Anaheim chile romesco sauce.

On the sweeter side, Eatnic satisfies with offerings made daily by pastry chef Karly Arnold, Seth's wife. Chocolate cranberry scones and apple cider donuts were favorites on the mid-winter menu. French toast (traditional and pumpkin), blackberry pancakes, and pear and steel cut oatmeal—a must-try says Chef Seth—rounded out the brunch offerings.

Next time you're deciding what to make for dinner or dessert, follow EatNic's lead and think breakfast. It's not just for breakfast anymore.



Chef Seth Arnold in the kitchen at EatNic



EatNic's bright and rustic dining room

Shrimp & Grits

Since the grit cakes and romesco sauce are made in advance, all you have to do at the last minute is to cook the shrimp, poach the eggs, garnish and enjoy! Recipe courtesy of Seth Arnold, EatNic Urban Farmhouse Eatery & BYOB.



For the grit cakes:

- 3 C. water
- Salt
- 1 C. grits (preferably Castle Valley Mills)
- 1 Tb. butter

For the Anaheim chile and apple romesco sauce:

- 2 Anaheim chiles
- 2 green bell peppers
- 1 shallot
- 2 garlic cloves
- 2 apples (preferably Honeycrisp)
- ¼ C. hazelnuts
- ¼ C. vegetable oil
- ¼ C. apple cider vinegar

For the poached eggs:

- 8–12 eggs (plan for 2 eggs per serving)
- 1 gallon water
- ½ C. white wine vinegar

For the shrimp:

- Vegetable oil
- 12–15 jumbo shrimp, peeled and deveined

For the garnish:

- 1 apple, sliced thinly
- ¼ C. hazelnuts, chopped

To make the grit cakes:

Bring water to a boil. Water should be salted to the point where it's slightly over-salted.

Slowly sprinkle grits into the water, while whisking vigorously. Once grits are incorporated, reduce heat to low, and cook for 35–40 minutes, stirring occasionally. Once cooked, stir in 1 Tb. butter.

Place in a small baking dish, and smooth out with a spatula to form a solid block of grits. Once cooled, cut into 8–12 squares. You'll want two 2-inch squares per portion.

Cereal Anytime

When you're hungry, tired and uninspired, cold cereal sounds like a dinner plan. But before you reach for the milk, consider the hardworking oat bran. It cooks in a few minutes. It packs significantly more fiber and protein and fewer calories than oatmeal. And with a polenta-like texture, it's an ideal blank canvas for a variety of veggies, cheeses and condiments.

Try these combos or use whatever you forage from your fridge or pantry:

Avocado, scallions, shredded cheddar, salsa

Halved cherry tomatoes, pesto

Arugula, sautéed mushrooms, crumbled feta

Baby spinach, shredded cheddar, bacon

Baby kale, carrot ribbons, cottage cheese

Roasted red peppers, crumbled goat cheese

Parmesan, pepper, poached egg



To make the romesco sauce:

Preheat oven to 275°. Chop vegetables and apples. Roast along with whole hazelnuts until all are cooked, about 1 hour. Cooking this slowly develops a lot of flavor.

Puree vegetables and nuts in a blender with oil and vinegar. Reserve.

To poach the eggs:

Bring water and vinegar to a simmer until steam rises off the surface. Next, slowly stir the water, and add one egg at a time. After adding eggs, again stir the water. This will help the white surround the yolk.

Set a timer for 4 minutes. Using a slotted spoon, remove the eggs.

To cook the shrimp and assemble:

In a hot saute pan, sear shrimp and grits cakes in a little oil. After about 1 minute, flip until both sides of grits cakes are golden brown and shrimp is cooked through. The shrimp should not be translucent at all.

Place a small amount of the romesco sauce on each plate, and drag the sauce across the plate with a spoon.

Next, shingle the grits cakes in the middle of the sauce so they overlap slightly. Top with poached eggs. Plate the shrimp leaning on to the grit cakes, and garnish with 2–3 apple slices and chopped hazelnuts.

Makes 4–6 servings.

Winter Frittata

Accompanied by the side salad, this frittata makes a satisfying lunch or dinner. Recipe courtesy of Chef Seth Arnold, EatNic.

For the frittata:

- 2 large sweet potatoes, cut into small dice
- 1 Spanish onion, julienned
- 2 lbs. Brussels sprouts, thinly shaved

3 Tb. butter
18 large eggs, room temperature

For the salad:

¼ C. apple cider vinegar
1 tsp. honey
1 tsp. Dijon mustard
1 C. vegetable oil
Salt and pepper to taste
2 apples, sliced thinly
1 fennel bulb, shaved
½ red onion, julienned
1 C. pecans, toasted
1, 2-lb. bag spring mix



To make the frittata:

Preheat oven to 350°.

Roast sweet potatoes in oven until fork-tender, about 20 minutes. Caramelize onions by slowly cooking over low/medium heat in a saute pan until brown. Stir occasionally.

Saute roasted sweet potatoes, Brussels sprouts and caramelized onions in 3 Tb. butter in a large saute pan.

Next, whisk eggs together to emulsify the whites and yolks. (This creates a lighter, more homogenous frittata.)

Divide vegetables among pans and add eggs to pans. (Chef Arnold makes frittatas individually in 5" pans but says home cooks can use any size pan and keep frittatas warm in a 275° oven until cooks have made the quantity they need.) Cook time is about 2 minutes for 1 frittata.

When you see a bubble form in the center of the eggs, begin to stir the eggs with a rubber spatula, while agitating the pan forward and back with your other hand. This creates a light and fluffy frittata. After it has formed together, flip and let cook briefly on the other side. Frittata should be lightly browned.

To make the salad:

Make vinaigrette by mixing vinegar, honey and Dijon in a blender for about 30 seconds. Next slowly drizzle the oil into the mixture to emulsify. Season with salt and pepper to taste.

Combine all salad ingredients and dress lightly with the vinaigrette.

Salad is traditionally served right on top of the frittata.

Makes 4–6 servings.

Apple Dutch Baby

Kitchn writer Emma Christensen calls a Dutch baby a love child of a popover, pancake and crepe. After reading her recipe as well as ones from Bon Appetit and YourHomeBasedMom.com, I came up with this apple version. Pop it in the oven while you eat dinner, and you'll have dessert in a jiffy. If you can't find Penzey's apple pie spice (cinnamon with a little nutmeg and cloves), regular cinnamon works just fine.



2 apples, peeled and cut into ½" dice
2 Tb. granulated sugar, divided
1 tsp. apple pie spice or ground cinnamon, divided
¾ C. all-purpose flour
¼ tsp. baking powder
¼ tsp. kosher salt
¾ C. whole milk, room temperature
3 large eggs, room temperature
1 tsp. vanilla
4 Tb. butter
Powdered sugar

Place 10" cast iron skillet in the oven and heat to 425°. Once temperature has reached 425°, keep pan in for a few more minutes.

Toss apples with 1 Tb. sugar and ½ tsp. apple pie spice and set aside. In a large bowl combine remaining 1 Tb. sugar, ½ tsp. apple pie spice, flour, baking powder and salt. Whisk in milk, eggs and vanilla.

Put butter in pan and put pan back in oven until butter melts. Arrange apples in pan. Pour batter over apples.

Bake for about 12–15 minutes. Sprinkle with powdered sugar.

Makes 4–6 servings.

Roast Beef Hash

This dish is so much more than the sum of its parts! Adapted from Serious Eats.

1 Tb. butter
2 Tb. oil
½ C. finely chopped onion
2 cloves garlic, minced
3 C. frozen hash browns
½ lb. leftover roast beef, cut into ¼-½" pieces or shredded

¼ tsp. cayenne
½ tsp. dried thyme
Sweet paprika to taste
⅓ C. heavy cream
Salt and pepper to taste



In a large skillet, melt butter and olive oil over medium heat. Add onion and garlic and cook for a few minutes until they start to soften but not brown.

Add hash browns and spread evenly over pan. Cook for a few minutes as if you are cooking a pancake and allow bottom to brown. If hash browns start to burn, reduce heat. Stir and spread evenly again. Keep stirring and spreading until you get all the hash browns to brown.

Stir in roast beef, cayenne, thyme and paprika and cook for a few more minutes. Stir in heavy cream and spread mixture evenly. Allow to cook and brown for a few more minutes, stirring occasionally. Season with salt and pepper.

Makes 4 servings. ♦

Laura traces her love of all things culinary to the first time she leafed through her mother's Betty Crocker's Cooky Book—which still occupies a place of honor among her 600+ cookbooks. A passionate supporter of local food, she co-founded a farmers market, judges area food contests, and anticipates restaurant openings with the excitement most people reserve for winning a Mega Millions jackpot.



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