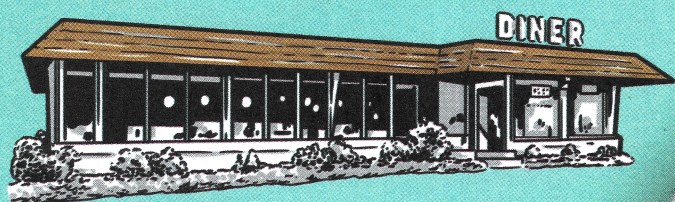


# Breakfast of CHAMPIONS

For the ultimate make-at-home breakfast ideas, we called in the experts from a few of the most popular morning-meal destinations in the Northeast. From crispy smashed potatoes to elegant egg scrambles, these restaurant-quality recipes will shake up every morning routine. The best part? You can enjoy them and stay in your pajamas, too.



## PHOENICIA DINER

One of the most-ordered menu items at this modernized roadside diner traces its roots to London's Savoy Hotel, which serves a smoked-fish omelet originally created for 20th-century British literary icon Arnold Bennett. While the dish traditionally features haddock and a cream sauce, Phoenicia chef Melchor Rosas serves his variation as a scramble with locally-smoked trout, crème fraîche from nearby Ronnybrook Farm Dairy, and fresh chives for garnish.

**VISIT:** Phoenicia Diner, 5681 New York Route 28, Phoenicia, NY, 845-688-9957, phoeniciadiner.com.

### PHOENICIA DINER'S ARNOLD BENNETT SKILLET

**Total Time:** 15 min.

**Serves** 2 to 4 **GF**

You can substitute any smoked white fish for the trout.

- 6 large eggs, beaten**
- 2 Tbsp. crème fraîche**
- 2 Tbsp. minced fresh chives, plus extra for garnish**
- Salt**
- 1 Tbsp. unsalted butter**
- 4 oz. smoked trout, broken into coarse pieces**
- 2 Tbsp. grated Parmesan cheese**

**1.** Whisk eggs, crème fraîche, chives, and a pinch of salt in a medium bowl until well combined.

**2.** Melt butter in a medium nonstick skillet over medium-high heat until foaming. Add egg mixture, trout, and cheese and cook, stirring constantly, until the eggs form small curds and are no longer runny, 2 to 3 minutes. Garnish with chives and serve.

**Per Serving (for 4):** 230 Cal; 16g Fat (7g Sat Fat); 335mg Chol; 170mg Sodium; 1g Carb; 0g Fiber; 19g Protein

