

Globe Trotting for New Breakfast Trends



Huevos Motuleños

Most Americans embrace being part of a demographic melting pot. After all, making room for people from other cultures is part of what it means to be American. In tandem with that is an increasing interest in trying out the cuisines others bring with them, as they become part of that pot. Case in point: items like huevos rancheros have become common on menus everywhere, while we put sriracha on our eggs and fish sauce on our breakfast bánh mì.

With the wide variety of ingredients used throughout the world, fried, soft- or hard-cooked eggs are surprisingly common in diverse cuisines and applications. Still, Western-style eggs are topping items like morning rice in Japan and fava beans in India, contrary to local tradition.

So where will the next new influence come from and what form will it take? We need only look at traditional breakfasts in other parts of the world to lay our bets.

International egg uses that may be next to influence U.S. morning menus:

- **Israel and northern Africa** – Shakshuka: eggs poached in a sauce of tomatoes, chili peppers and onions, often spiced with cumin
- **Malaysia** – Nasi Lemak: a dish of coconut rice, cucumber, anchovies, roasted peanuts, hard-cooked eggs and sambal, a spicy sauce
- **Mexico** – Huevos Motuleños: two eggs on a fried tostada with tomatoes, ham, peas, fried plantains, queso fresco and black beans
- **Sri Lanka and parts of India** – Appam: bowl-shaped pancakes (hoppers) made with fermented rice flour and served with a spicy sauce, eggs, coconut cream or honey
- **Venezuela** – Arepas: corn cakes filled with butter and salty cheese, meats, eggs, chicken, avocado and/or beans
- **Japan** – Tamagoyaki: omelet made by tightly rolling together thin layers of cooked egg, rice vinegar and, at times, sugar or soy sauce

Flavors from Southeast Asia and countries south of the U.S. are currently popular, making the increased use of coconut, sambal sauce, plantains and black beans likely in the next few years.

But one breakfast item that's not likely to end up on U.S. menus is one that's eaten in some African countries: scrambled ostrich egg. We might put harissa on our eggs or eat them with kimchi, but the ostrich hasn't got a prayer when it comes to eggs in these United States. Some traditions are sacred.