



WARM MORNINGS

Breakfasts to Start the Day Nourished

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WARM MORNINGS

Before We Begin

Ancestral Wisdom for Modern Life

Somewhere along the way we were sold the idea that breakfast should be cold, sweet, and eaten standing up on the way out the door. A glass of processed juice, a bowl of cereal, an iced coffee on an empty stomach. Our great-grandmothers would have found it strange, because they understood something we are only now beginning to remember, that the body wakes up slowly and asks for warmth first.

Across many traditional food cultures, the first meal of the day has often been warm, simple, and deeply nourishing. A warm broth in one part of the world, a soft bowl of congee in another, stewed fruit and cream, a porridge cooked slow, a little kitchari to settle the system. Warm, soft, mineral-rich food that wakes the body kindly instead of jolting it awake.

That is what this little book is. A collection of the warm breakfasts I make on repeat, drawn from the old wisdom of many traditions and brought gently into a real, busy, modern morning. Some take five minutes and some are for slow weekends, but every one of them is here to help you begin your day nourished rather than running on empty.

And before any of it, there is the sip. We eat our hydration around here, and a warm mineral drink first thing is the small habit that changes everything. Start there, then let the rest of these recipes meet you wherever your morning happens to be.

With warmth,

Larissa



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How to Build a Warm Morning

A warm breakfast does not have to mean eggs every morning, and it certainly does not have to look the same every day. It might be a bowl of congee one morning, cream of wheat with butter and stewed fruit the next, or leftover soup warmed on the stove because that is what you already have.

Think of these pages as a starting point rather than a set of rules. Mix things, swap ingredients, use what is in season, and make these breakfasts your own.

When possible, I choose organic and local produce, pasture-raised eggs, grass-fed and finished meat, good-quality dairy, and ingredients as close to their original form as I can find them. You do not need everything at once. Start with what is accessible to you and build from there.

1. BEGIN WITH SOMETHING WARM

Before breakfast, or alongside it, pour something warm.

Herbal tea • Warm mineral water • A mug of broth or bone broth • Warm water with lemon and a pinch of sea salt • Ginger tea with honey • Warm milk with cinnamon or cardamom • Miso broth with scallions • A small cup of yesterday's soup broth

It can be as simple as warming the water you would normally drink cold. Think of it as the little transition between sleep and breakfast.

4. ADD SOMETHING FROM THE EARTH

This is where the season comes in.

In cooler months:

Stewed apples • pears • roasted squash • cooked greens • mushrooms • cabbage • root vegetables

In warmer months:

Berries • peaches • nectarines • plums • zucchini • fresh greens • tomatoes • tender herbs

Fruit doesn't always have to be cold and raw. Simmer berries until they burst, sauté peaches in butter, stew apples with cinnamon, or fold warm fruit into porridge.

And vegetables don't have to wait until lunch. Greens wilted into broth, mushrooms beside eggs, or leftover roasted vegetables folded into a hash all belong at breakfast too.

2. CHOOSE YOUR FOUNDATION

This is where you can really play.

Soft grains + porridges

Cream of wheat or farina • Soaked oats • Creamy buckwheat • Millet porridge • Polenta or grits • Rice porridge • Congee

Savory foundations

Soft eggs • Kitchari • Red lentil dal • Mung dal • Brothy greens • Roasted or sautéed potatoes • Sweet potato hash • Last night's soup • Leftover rice warmed in broth

Don't get caught up in what technically counts as "breakfast food." Many traditional breakfasts around the world look much more like a warm meal than the cold cereal, smoothie, or breakfast bar we have become accustomed to.

A FEW WARM MORNING COMBINATIONS

Cream of wheat + whole milk + butter + cinnamon + stewed pears + honey
Congee + bone broth + soft egg + scallions + nori + sesame
Warm buckwheat + cultured cream + stewed berries + raw honey
Sweet potato + leftover beef + ghee + cooked greens + sauerkraut
Red lentil dal + ghee + soft egg + cilantro + lime
Warm oats + butter + cream + sautéed apples + cinnamon
Broth + leftover rice + miso + greens + soft egg + kimchi
Last night's soup + a pat of butter + fresh herbs + a pasture-raised egg

3. MAKE IT NOURISHING

Now ask: what can I add to make this feel like a meal?

Pasture-raised eggs • Leftover beef, lamb or chicken • Breakfast sausage • Liver pâté • Whole milk yogurt or kefir • Raw or cultured cream • Whole milk • Butter or ghee • Tallow • Bone broth or stock • Miso • Lentils or mung beans

You don't necessarily need several of these. Sometimes it is simply cream stirred into porridge, an egg dropped into congee, leftover beef folded into potatoes, or a generous spoonful of ghee melting into dal.

5. FINISH IT WITH SOMETHING ALIVE, BRIGHT OR BEAUTIFUL

This is the part that keeps simple food interesting.

Raw honey • Cinnamon, cardamom, ginger or nutmeg • Fresh dill, parsley or cilantro • Scallions • Lemon or lime • Kimchi or sauerkraut • Miso • Nori, wakame or dulse • Good olive oil • Chili oil • Toasted sesame seeds • A spoonful of cultured cream • Flaky sea salt • Freshly cracked pepper

A bowl of rice and broth can become completely different with an egg, nori and miso one morning, or butter, cinnamon and stewed fruit the next.

There is no perfect warm morning. There is only the practice of feeding yourself before the rest of the day asks for you.



BEFORE ANYTHING ELSE

Morning Mineral Cocktail with Salt, Citrus, and Honey

Before the coffee, before anything, this is the little drink that tells your body the morning has begun gently. Warm water, citrus, a pinch of mineral-rich salt, and a touch of honey make a simple ritual to start the day. It is the simplest way to live the 'eat your hydration' idea, and once you start, it is hard to go back.

PREP: 3 min • COOK: none • SERVES: 1

INGREDIENTS

1 cup warm water

Juice of ½ lemon or a whole lime

¼ teaspoon good mineral sea salt

½ teaspoon raw honey

A tiny pinch of cream of tartar, optional, for a small additional source of potassium

INSTRUCTIONS

1. Warm the water so it is comfortable to drink, not hot.
2. Stir in the citrus juice, sea salt, and honey until the honey dissolves.
3. Add the small pinch of cream of tartar if you are using it.
4. Sip it slowly first thing, before your coffee, and let it be the gentle start to your morning.

NOTE: Sip it before your coffee, not instead of it. This is the quiet foundation everything else is built on.



CHAPTER ONE

Eggs to Wake Up To

If there is one ingredient worth being particular about in this chapter, it is the egg itself. For most of human history, eggs did not come from hens kept indoors by the thousands. They came from small flocks with access to the outdoors, where birds could scratch through soil, forage for plants and insects, move freely, dust bathe, and spend their days behaving like chickens. Pasture-raised eggs are a modern way of returning closer to that relationship with our food.

“Pasture-raised” generally means the hens are given meaningful access to outdoor pasture rather than spending their lives entirely inside a barn. But the words on the carton do not tell you everything. Standards vary between producers, so when I can, I look beyond the label. I want eggs from hens that actually spend time outside, forage on living ground, and are raised by farmers who care about the health of the birds and the land.

And that matters for more than animal welfare. An egg reflects, to some degree, the life and diet of the hen that laid it. Research comparing eggs from different production systems has found that nutrient composition can vary with the hen's feed and access to forage, including differences in certain fatty acids and vitamins. That does not mean every pasture-raised egg is automatically nutritionally superior to every conventional egg, but how the hen is raised and what she eats can influence what ultimately ends up in the yolk.

Regardless of the label, eggs themselves are remarkably nutrient-dense. One large egg provides around six grams of complete protein along with choline, selenium, vitamin B12, riboflavin and other micronutrients. The yolk is especially valuable, carrying most of the egg's choline and fat-soluble nutrients, which is why you will never find me tossing it aside.

This is also why I would rather buy the best whole eggs I can afford than reach for cartons of egg whites.

When you're shopping, look for pasture-raised rather than assuming “cage-free” or “free-range” means the same thing. Better yet, buy directly from a local farmer and ask how the hens are raised. Are they actually outdoors? Do they forage? What are they fed? Sometimes the best eggs you will ever eat come in an unbranded carton from someone down the road.

There is something beautifully simple about beginning the morning this way. A few good eggs, gently cooked in butter or ghee, perhaps alongside broth, vegetables, sourdough, or yesterday's potatoes. Nothing complicated. Just real food from a well-raised animal, prepared warmly and eaten slowly.

The recipes in this chapter begin with the egg, but the quality of that egg comes first.



Soft Eggs Poached in Bone Broth

There is something about eggs cooked right in a mug of warm broth that feels like being cared for before the day has even asked anything of you. It gives you protein and minerals in the same warm bowl, and it takes about as long as the kettle does to boil.

PREP: 5 min • COOK: 5 min • SERVES: 1

INGREDIENTS

1 cup good bone broth, homemade if you have it
2 pasture-raised eggs
A small handful of soft greens like spinach or chard
Sea salt and freshly cracked pepper
A little butter or a drizzle of olive oil to finish

INSTRUCTIONS

1. Bring the broth to a bare simmer in a small pot, season it with a good pinch of sea salt.
2. Crack the eggs gently into the broth and let them poach quietly for about three to four minutes, until the whites are set and the yolks are still soft.
3. Drop the greens in for the last minute so they just wilt.
4. Pour everything into your favorite bowl or mug, finish with pepper and a little butter, and eat it slowly while it is still steaming.

NOTE: If you keep a jar of broth in the fridge, this comes together faster than toast. A little grated hard cheese stirred in at the end is lovely on a cold morning.



Slow-Scrambled Eggs in Cultured Butter

These are the eggs I make when I want breakfast to feel a little luxurious without any extra effort. Low heat and good cultured butter do all the work, and you end up with soft, custardy curds that taste nothing like the rubbery eggs most of us grew up on.

PREP: 5 min • COOK: 8 min • SERVES: 1 to 2

INGREDIENTS

3 pasture-raised eggs
1 tablespoon cultured butter
A splash of raw cream or whole milk
Sea salt
Fresh chives or any soft herb you have

INSTRUCTIONS

1. Whisk the eggs with the cream and a pinch of salt until they are fully combined.
2. Melt the butter in a small pan over the lowest heat your stove will give you.
3. Pour in the eggs and stir slowly and almost constantly with a spatula, pulling the curds gently across the pan.
4. Take them off the heat while they still look a little wet, because they will keep cooking on the way to the plate. Scatter the chives over the top and eat right away.

NOTE: The lower and slower you go, the silkier the eggs. Some mornings call for the quick version instead, and that is perfectly fine.



Coddled Eggs with Herbs and Broth

Coddling is an old, almost forgotten way of cooking eggs that our grandmothers knew well, and it makes the softest, silkiest egg you can imagine. It feels a little old-fashioned in the best way, and it is wonderful on a slow morning.

PREP: 5 min • COOK: 8 min • SERVES: 2

INGREDIENTS

2 pasture-raised eggs
1 tablespoon bone broth or cream per egg
A pinch of fresh herbs, finely chopped
Butter for the ramekins
Sea salt and pepper

INSTRUCTIONS

1. Butter two small ramekins or heatproof jars and set a kettle to boil.
2. Crack an egg into each, add the broth or cream, the herbs, and a small pinch of salt.
3. Set the ramekins in a deep pan and pour the boiling water around them until it reaches halfway up the sides.
4. Cover the pan and let them gently steam for about six to eight minutes, until the whites are just set and the yolks are still soft. Lift them out carefully and eat with a small spoon.

NOTE: Any small heatproof jar works if you do not have ramekins. A spoonful of cream in place of the broth makes them richer.



Egg Drop Soup in Rich Bone Broth

This is the fastest warm breakfast in the book and one of the most restoring. Ribbons of egg drifting through hot, gingery bone broth, ready in about the time it takes to wake up properly. It is what I make when I want something savory and soothing without standing over the stove.

PREP: 5 min • COOK: 10 min • SERVES: 2

INGREDIENTS

3 cups rich bone broth
2 pasture-raised eggs, beaten
A thumb of fresh ginger, sliced
1 teaspoon arrowroot stirred into a little cold water, optional
Scallions, sliced thin
Sea salt, and a few drops of toasted sesame oil

INSTRUCTIONS

1. Bring the broth to a gentle simmer with the ginger and a good pinch of salt, then lift out the ginger.
2. For a slightly thicker soup, whisk in the arrowroot slurry and let it bubble for a moment.
3. Slowly pour the beaten eggs into the simmering broth in a thin stream, stirring just once so they set into soft ribbons.
4. Take it off the heat right away, ladle into a bowl, and finish with scallions and a few drops of sesame oil.

NOTE: The trick to silky ribbons is to pour the eggs in slowly and stir only once. Beat them too hard into the broth and they cloud it.



Baked Eggs in Tomato and Pepper

There is a version of eggs cooked in a warm, spiced tomato sauce across many traditional food cultures, and for good reason. It is humble, deeply savory, and the kind of one-pan breakfast you mop up with good bread. This is my simple ancestral take on it.

PREP: 10 min • COOK: 25 min • SERVES: 2 to 4

INGREDIENTS

2 tablespoons butter or olive oil
1 small onion, sliced
1 red pepper, sliced
2 cups crushed tomatoes
½ teaspoon each of cumin and paprika
4 pasture-raised eggs
Sea salt, pepper, and fresh herbs to finish
Sourdough, to serve

INSTRUCTIONS

1. Warm the fat in a skillet and soften the onion and pepper until sweet, about ten minutes.
2. Stir in the cumin and paprika, then pour in the tomatoes with a good pinch of salt and simmer for ten minutes until thickened.
3. Make little wells in the sauce and crack an egg into each.
4. Cover and cook gently until the whites are set and the yolks still soft, about six minutes. Finish with herbs and serve with warm sourdough.

NOTE: Make the sauce ahead and keep it in the fridge. In the morning you only have to warm it and slip in the eggs.





Warm Porridges

Long before breakfast came in a box, many cultures that grew grain had its own warm bowl to wake up to. Oats simmered slow in the cold north, rice softened to porridge across much of Asia, millet and semolina and buckwheat in countless kitchens in between. Porridge is one of the oldest breakfasts we have, and it has fed working people gently and cheaply for thousands of years for good reason.

Cooking grains slow and soft does something our bodies appreciate. Heat and time begin breaking the grain down before it ever reaches you, and the traditional practice of soaking the grain overnight is thought to take that a step further, softening it and possibly making some of its minerals easier for the body to use. A warm, cooked grain is simply kinder to the stomach than something dry or raw first thing in the morning.

A bowl of porridge can also be made into a deeply satisfying morning meal. Whole grains bring complex carbohydrates and fiber, while traditional additions like butter, cream, eggs, yogurt, or nuts add fat and protein. Together, they create a more substantial breakfast that can carry you through the morning.

And then there is the comfort of it, which matters more than we tend to admit. A warm bowl in your hands on a cool morning is grounding in a way no cold breakfast can be, and it gently invites you to slow down before the day begins. The porridges here lean into the seasons and into that old, unhurried rhythm, soaked and simmered soft, sweet or savory, the way warm grains have started the day for generations.



Warm Soaked Oat Porridge with Honey and Tallow

Soaking oats overnight is a traditional preparation that softens the grain before cooking and may help reduce some of its naturally occurring antinutrients. The tallow sounds unusual until you taste how rich and grounding it makes a simple bowl of oats.

PREP: 5 min, plus an overnight soak • COOK: 10 min • SERVES: 2

INGREDIENTS

1 cup rolled oats, soaked overnight in water with a splash of lemon juice
1 cup whole milk or water
1 teaspoon grass-fed tallow or butter
A pinch of sea salt
Raw honey, to finish

INSTRUCTIONS

1. In the morning, drain and rinse the soaked oats.
2. Add them to a small pot with the milk and a pinch of salt, and warm over medium heat, stirring often, until thick and creamy.
3. Stir in the tallow at the very end so it melts through.
4. Spoon into a bowl and drizzle with raw honey while it is still warm.

NOTE: Soaking is an old preparation method that softens the oats before they ever reach the pot. Drain and rinse them well in the morning before cooking.



Soaked Buckwheat Porridge with Cream and Maple

Buckwheat is not actually wheat at all, it's a little seed that our ancestors leaned on for centuries, and it makes a porridge that is nutty and satisfying without sitting heavy. With cream and a touch of maple it tastes like something you would order out.

PREP: 5 min, plus an overnight soak • COOK: 10 min • SERVES: 2

INGREDIENTS

1 cup raw buckwheat groats, soaked overnight and rinsed well
1½ cups water or milk
A pinch of sea salt
A splash of raw cream
Real maple syrup and a little cinnamon

INSTRUCTIONS

1. Add the rinsed buckwheat to a pot with the water or milk and a pinch of salt.
2. Simmer gently for about ten minutes, stirring now and then, until soft and porridge-like.
3. Pour in a splash of cream and stir it through.
4. Finish with maple syrup and a dusting of cinnamon.

NOTE: Rinse the buckwheat well after soaking. It can get a little slippery, and a good rinse sorts it right out.



Savory Red Buckwheat Porridge with Soft Eggs, Dill, and Spicy Oil

This is the one I want you to make when you are tired of sweet breakfasts and your body is asking for something savory and warm. The soft egg, the fresh dill, and a little spicy oil over creamy buckwheat is the kind of bowl that makes you slow down and actually taste your food.

PREP: 10 min, plus an overnight soak • COOK: 12 min • SERVES: 2

INGREDIENTS

1 cup red or regular buckwheat groats, soaked overnight and rinsed
1½ cups bone broth
2 soft-boiled or jammy eggs
A small handful of fresh dill
A spoonful of chili oil or warm olive oil with a pinch of chili flakes
Sea salt and pepper

INSTRUCTIONS

1. Simmer the buckwheat in the broth with a pinch of salt for about ten minutes, until soft and creamy.
2. While it cooks, soft-boil your eggs for about six and a half minutes, then peel and halve them.
3. Spoon the warm buckwheat into a bowl and lay the eggs on top.
4. Scatter over the dill, spoon the chili oil across everything, and finish with cracked pepper.

NOTE: This is my answer to anyone who thinks they do not like a savory breakfast. The chili oil and fresh dill change everything.



Warm Millet Porridge with Butter and Honey

Millet is one of those humble ancient grains that fed whole civilizations, and it makes a fluffy, gentle porridge that feels light but keeps you full. It is naturally a little sweet, so it does not need much to shine.

PREP: 5 min, plus an overnight soak • COOK: 15 min • SERVES: 2

INGREDIENTS

1 cup millet, soaked overnight and rinsed
2 cups water or milk
A pinch of sea salt
1 tablespoon butter
Raw honey and a little cream to finish

INSTRUCTIONS

1. Add the millet to a pot with the liquid and a pinch of salt.
2. Bring to a gentle simmer, cover, and cook for about fifteen minutes until soft and fluffy.
3. Stir in the butter so it melts through.
4. Top with honey and a little cream and serve warm.

NOTE: Millet loves butter, so do not be shy with it.



Soft Polenta with Pastured Egg on Top

Soft polenta is pure comfort, and it crosses the line beautifully from a sweet breakfast to a savory one depending on your mood. A soft egg on top turns it into a real meal that will carry you through a busy morning.

PREP: 5 min • COOK: 30 min • SERVES: 2

INGREDIENTS

1 cup coarse polenta or cornmeal
4 cups water or broth
A pinch of sea salt
2 tablespoons butter
2 pastured eggs, fried soft or poached
Grated hard cheese, if you like

INSTRUCTIONS

1. Bring the water or broth to a boil with a good pinch of salt.
2. Whisk in the polenta slowly so it does not clump, then lower the heat right down.
3. Cook, stirring often, for about twenty to thirty minutes until soft and creamy, then stir in the butter.
4. Spoon into a bowl, top with the soft egg and a little cheese, and break the yolk through it all.

NOTE: Leftover polenta sets firm in the fridge. Slice it and pan-fry it in butter the next morning.



Warm Semolina Porridge with Ghee and Cardamom

Known as sooji or rava in Ayurvedic kitchens, this toasted semolina porridge is warm, soft, and gently sweet, the sort of thing made for children and elders alike because it is so easy on the body. Toasting the grains in ghee first is what gives it its lovely nutty depth.

PREP: 5 min • COOK: 12 min • SERVES: 2

INGREDIENTS

½ cup semolina
1 tablespoon ghee
Seeds from 3 cardamom pods, crushed
2 cups milk or water, warmed
A drizzle of raw honey or a little jaggery
A few chopped nuts, optional

INSTRUCTIONS

1. Warm the ghee in a pot and toast the semolina, stirring constantly, until it smells nutty and turns a shade darker, about three minutes.
2. Stir in the crushed cardamom.
3. Slowly pour in the warm milk while stirring so it does not clump, then cook a few minutes more until thick and soft.
4. Sweeten lightly with honey or jaggery and top with a few nuts if you like.

NOTE: Keep stirring as you add the liquid. It thickens fast, and a steady hand keeps it silky.



Soaked Chia and Coconut Warm Pudding

Most of us only know chia cold, but warmed gently with coconut milk it becomes a soft, comforting pudding that feels far more nourishing first thing. Soaking them overnight gives them their soft, pudding-like texture and leaves you only a few minutes of work in the morning.

PREP: 5 min, plus an overnight soak • COOK: 5 min • SERVES: 2

INGREDIENTS

3 tablespoons chia seeds
1 cup coconut milk, plus a splash more to loosen
A pinch of sea salt
½ teaspoon cinnamon
Raw honey, to finish
Warm stewed fruit or berries, to top

INSTRUCTIONS

1. The night before, stir the chia into the coconut milk with the salt and cinnamon, and leave it in the fridge to set.
2. In the morning, warm it gently in a small pot with an extra splash of coconut milk, stirring, until softly heated through.
3. Sweeten with a little honey.
4. Spoon into a bowl and top with warm stewed fruit or berries.

NOTE: Lovely warmed under the berry compote from the fruit chapter.



Congee, Kitchari, and Dal

Some of the most healing breakfasts in the world are also among the simplest. Congee, the soft rice porridge of Chinese kitchens, and kitchari, the gentle rice and lentil pot of Ayurvedic cooking, have been made for centuries with little more than a grain, some water or broth, and time. They were never meant to impress. They were meant to nourish.

Both traditions understood something we are slowly remembering, that how easily a food digests matters as much as what is in it. Grains cooked low and slow until they almost dissolve ask very little of the body to break down. That is why, in both Traditional Chinese Medicine and Ayurveda, these bowls are the food given to someone who is unwell, recovering, very young, or simply worn thin. They are restorative by design, the food you make when you want to be built back up.

There is real wisdom in beginning the day this way. A warm, soft, easy bowl wakes the digestion gently rather than demanding a great deal of it first thing. The ginger, cumin, and warming spices were added not only for flavor but to support digestion and circulation, small touches with a long history behind them.

What I love most is how little these foods ask of you and how much they give back. A handful of rice and lentils, a pot, and an unhurried half hour become something genuinely sustaining. The recipes here, savory and sweet congee, kitchari, and soft dal, are the foundational ancestral breakfasts I turn to when my body wants comfort and quiet nourishment more than anything else.



Savory Chicken Congee with Ginger and Scallion

Congee is what so much of the world has eaten for breakfast for thousands of years, a soft rice porridge simmered until it almost melts. In Traditional Chinese Medicine it is the food you give someone you love when they need to be built back up, and a warm bowl in the morning is deeply settling for digestion.

PREP: 10 min • COOK: 1 hour • SERVES: 4

INGREDIENTS

½ cup white rice, rinsed
6 cups bone broth or water
A thumb of fresh ginger, sliced
1 cup cooked shredded chicken
Scallions, sliced thin
Sea salt, and a little sesame oil to finish

INSTRUCTIONS

1. Add the rice, broth, and ginger to a large pot and bring to a boil.
2. Lower the heat and simmer gently for about an hour, stirring now and then, until the rice breaks down into a soft, soupy porridge.
3. Stir in the shredded chicken and a good pinch of salt and warm it through.
4. Ladle into bowls and top with scallions and a few drops of sesame oil.

NOTE: Cool leftovers promptly and refrigerate in a covered container. Enjoy within 3 to 4 days, reheating until steaming hot and loosening with a little broth as needed. You can also freeze individual portions for easy mornings.



Sweet Breakfast Congee with Dates and Cinnamon

This is the gentler, sweeter cousin of savory congee, and it is the bowl I reach for when my body wants warmth and a little natural sweetness to start the day. The dates do all the sweetening for you, the old way, with no sugar needed.

PREP: 5 min • COOK: 1 hour • SERVES: 4

INGREDIENTS

½ cup white rice, rinsed
5 cups water, coconut milk, or milk
A handful of soft dates, pitted and chopped
1 teaspoon cinnamon
A pinch of sea salt
A spoonful of cream or a little butter to finish

INSTRUCTIONS

1. Add the rice, liquid, dates, cinnamon, and salt to a pot.
2. Bring to a boil, then lower the heat and simmer for about an hour, stirring now and then, until soft and creamy.
3. Mash the dates through with the back of your spoon as it cooks.
4. Finish with a little cream or butter and serve warm.

NOTE: The dates do all the sweetening, the old way, so there is no need for any sugar.



Simple Morning Kitchari with Ghee and Cumin

Kitchari is the dish Ayurveda turns to for resetting and gently nourishing the body, a soft one-pot of rice and split mung beans that is easy to digest and quietly healing. It is the meal I make when I have been running too hard and my body is asking for something simple and kind.

PREP: 10 min • COOK: 35 min • SERVES: 3 to 4

INGREDIENTS

½ cup white basmati rice, rinsed
½ cup split yellow mung beans, rinsed
1 tablespoon ghee
1 teaspoon cumin seeds
½ teaspoon turmeric
A thumb of ginger, grated
4 to 5 cups water, and sea salt
Fresh cilantro and a squeeze of lime to finish

INSTRUCTIONS

1. Warm the ghee in a pot and let the cumin seeds sizzle for a moment until fragrant.
2. Stir in the turmeric and ginger, then add the rinsed rice and mung beans and coat them in the ghee.
3. Pour in the water, add a good pinch of salt, and bring to a boil.
4. Lower the heat and simmer for about thirty to thirty-five minutes until everything is very soft and porridge-like. Finish with cilantro and a squeeze of lime.



Soft Moong Dal with Ghee for a Gentle Start

When even kitchari feels like too much, this softer dal is the answer, just split mung beans cooked down with warm spices until they are soothing and spoonable. It is light enough for early mornings but still leaves you genuinely nourished.

PREP: 5 min • COOK: 30 min • SERVES: 4

INGREDIENTS

1 cup split yellow mung beans, rinsed well
4 cups water
½ teaspoon turmeric
1 tablespoon ghee
1 teaspoon cumin seeds
Sea salt, and fresh cilantro

INSTRUCTIONS

1. Add the mung beans, water, and turmeric to a pot and bring to a boil, skimming off any foam.
2. Lower the heat and simmer for about twenty-five minutes until the beans are completely soft and breaking down.
3. In a small pan, warm the ghee and let the cumin seeds sizzle, then pour this over the dal.
4. Season with salt, stir well, and finish with cilantro.

NOTE: Splitting the mung beans is what makes this so soft and easy to digest. No soaking needed.



Golden Red Lentil Breakfast Dal

Red lentils cook down faster than any other, which makes them perfect for a quick, golden morning dal. Soft, savory, and warming with turmeric and cumin, it is a brothy, soothing bowl that sits beautifully on an early stomach. A squeeze of lime at the end wakes the whole thing up.

PREP: 5 min • COOK: 25 min • SERVES: 4

INGREDIENTS

1 cup red lentils, rinsed well
4 cups water
½ teaspoon turmeric
1 tablespoon ghee
1 teaspoon cumin seeds
1 clove garlic, sliced
Sea salt, fresh cilantro, and a squeeze of lime

INSTRUCTIONS

1. Add the lentils, water, and turmeric to a pot and bring to a boil, skimming off any foam.
2. Lower the heat and simmer for about twenty minutes until the lentils are completely soft and broken down.
3. In a small pan, warm the ghee and sizzle the cumin seeds and garlic until fragrant, then stir this into the dal.
4. Season with salt, finish with cilantro and a squeeze of lime, and loosen with a little water if it is too thick.

NOTE: This only gets better the next day. Thin it with a little broth or water when you reheat.

Hearty and Savory

The sharply divided idea of 'breakfast food' is more modern than we tend to realize. Across many traditional food cultures, the morning meal often looked much like the other meals of the day: leftovers warmed from the night before, eggs, meat, broth, grains, vegetables, beans, or fish. Sweet breakfasts certainly existed, but savory morning meals were, and still are, commonplace throughout much of the world.

There is also something deeply satisfying about beginning the day with protein, fat, and savory foods. Eggs, meat, broth, vegetables, and leftover grains can build a substantial meal that provides protein and nutrients and helps keep you satisfied through the morning.

The morning is also a fine time to take in the minerals and protein your body uses all day, the building blocks for steady energy, focus, and strength. A little good meat, a soft egg, a brothy bowl of greens, even a small amount of organ meat tucked where you will not notice it, these were the foods that carried people through long mornings of real work.

Around the world you still find this wisdom on the breakfast table, from brothy soups to beans to grilled fish to eggs in every form. The recipes in this chapter belong to that lineage, the savory, satisfying breakfasts for the mornings that ask more of you. They take a little more than a bowl of fruit, and they give back far more in return.



Hidden Liver Breakfast Sausage

This is how I get organ meat into my family without a single complaint, because a small amount of liver tucked into a well-seasoned sausage simply disappears into the flavor. It is one of the most nourishing things you can eat first thing, and nobody has to know.

PREP: 15 min • COOK: 10 min • YIELD: About 12 small patties

INGREDIENTS

1 pound ground pork or beef
2 ounces chicken or beef liver, very finely minced or grated
1 teaspoon sea salt
1 teaspoon dried sage
½ teaspoon each of thyme and black pepper
A pinch of nutmeg
Butter or tallow for the pan

INSTRUCTIONS

1. Mix the ground meat, minced liver, salt, and all the herbs and spices together gently with your hands until just combined.
2. Form into small flat patties.
3. Warm a little butter or tallow in a skillet over medium heat.
4. Cook the patties for about three to four minutes a side until browned and cooked through. These keep well, so make extra for busy mornings.



Liver and Bacon Breakfast Pâté on Sourdough

If you are liver-curious but not quite ready to eat it plain, this is your bridge, a rich, spreadable pâté mellowed by bacon and butter that tastes like something from a little French cafe. Spread it on warm sourdough and you have one of the most nutrient-dense breakfasts there is.

PREP: 15 min • COOK: 10 min, plus chilling • SERVES: 6 to 8

INGREDIENTS

½ pound chicken livers, trimmed
3–4 slices pasture-raised bacon, chopped
1 small onion, sliced
4 tablespoons butter, softened
A splash of broth or brandy
Sea salt and pepper
Sourdough and cornichons, to serve

INSTRUCTIONS

1. Cook the bacon in a skillet until the fat renders, then add the onion and soften it.
2. Add the chicken livers and cook until browned and cooked through, about 4 to 6 minutes depending on their size, until they reach an internal temperature of 165°F (74°C).
3. Pour in the splash of broth or brandy and scrape up the pan, then let it cool slightly.
4. Blend everything with the softened butter until smooth, season well, and chill. Spread thickly on toasted sourdough with a few cornichons on the side.

NOTE: Store covered in the refrigerator and enjoy within 3 to 4 days.



Cinnamon Beef Breakfast Hash

A little warm spice with savory beef is an old combination that so many traditional cultures understood, and it makes a hash that feels both comforting and a little exotic. This is a wonderful way to use up a bit of leftover roast or cooked beef.

PREP: 15 min • COOK: 20 min • SERVES: 4

INGREDIENTS

1 pound ground beef or chopped leftover roast
2 cups diced cooked potato or sweet potato
1 small onion, diced
½ teaspoon cinnamon
A pinch of allspice
Sea salt and pepper
Tallow or butter for the pan

INSTRUCTIONS

1. Warm the fat in a large skillet and soften the onion.
2. Add the beef and brown it well, breaking it up as it cooks.
3. Stir in the potato, cinnamon, allspice, and a good pinch of salt, and let it all crisp up at the edges.
4. Taste, adjust the salt and pepper, and serve hot, with a fried egg on top if you like.

NOTE: A fried egg on top is never the wrong choice.



Sweet Potato and Egg Breakfast Skillet

Crispy shredded sweet potato with a soft egg is the breakfast that looks like you tried much harder than you did. A little tang from yogurt and a drizzle of warm spiced oil make it feel special enough for a slow weekend morning.

PREP: 15 min • COOK: 15 min • SERVES: 2 to 3

INGREDIENTS

2 medium sweet potatoes, peeled and grated
1 egg, beaten, to bind
Sea salt
2 eggs for poaching or frying
A few spoonfuls of whole milk yogurt
Warm olive oil with a pinch of chili and fresh dill to finish
Tallow or ghee for the pan

INSTRUCTIONS

1. Squeeze the grated sweet potato in a clean towel to remove the extra moisture, then mix with the beaten egg and a good pinch of salt.
2. Warm a generous amount of fat in a skillet and press the mixture into rounds, cooking until deeply golden and crisp on both sides.
3. Meanwhile poach or fry your eggs to soft.
4. Spoon yogurt onto each plate, lay the crispy rounds and soft eggs on top, and finish with the warm chili oil and a scatter of dill.

NOTE: Squeezing the water out of the grated sweet potato is the secret to crisp edges. Do not skip it.



Last Night's Soup for Breakfast

This is less a recipe and more a permission slip, because soup for breakfast is one of the oldest, most sensible habits we have quietly lost. A warm, brothy bowl first thing is so much kinder to your body than something cold and sweet, so save a little of last night's leftovers and you have tomorrow's breakfast already waiting.

PREP: 2 min • COOK: 8 min • SERVES: 1 to 2

INGREDIENTS

Whatever leftovers you made the night before

Warm broth

An egg or two, if you want to make it more of a meal

A handful of soft greens

Fresh herbs, scallions, or a drizzle of good oil to wake it back up

Sea salt to taste

INSTRUCTIONS

1. Warm the broth gently in a small pot until it is steaming, add in the leftovers.
2. If you like, slip in an egg to poach right in the broth, or stir in a handful of greens to freshen it.
3. Taste and adjust the salt, since flavors settle overnight.
4. Pour into a bowl, top with fresh herbs or a drizzle of oil, and start your day warm.

NOTE: Make a little extra soup at dinner on purpose. Tomorrow morning will thank you.



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Brothy Breakfast Greens with a Soft Egg

On the mornings my body wants something light but still savory and warm, this is the bowl I make. Tender greens wilted in good broth with a soft egg on top, ready in minutes and quietly full of minerals. It is breakfast and a gentle tonic in the same bowl.

PREP: 5 min • COOK: 10 min • SERVES: 2

INGREDIENTS

2 cups bone broth
A big handful of greens like spinach, chard, or kale, torn
1 clove garlic, sliced
2 pasture-raised eggs
Sea salt and pepper
A drizzle of good olive oil to finish

INSTRUCTIONS

1. Bring the broth to a gentle simmer with the garlic and a pinch of salt.
2. Add the greens and let them wilt for a couple of minutes until tender.
3. Slip the eggs into the broth to poach for about three to four minutes, until the whites are set and the yolks still soft.
4. Ladle into a bowl, finish with pepper and a drizzle of olive oil, and eat it warm.

NOTE: Any leftover cooked grain or a little rice stirred in turns this into a more filling meal.

Warm Fruit and Cream

Across so many traditional kitchens, fruit was not eaten cold and raw first thing but stewed soft and warm, simmered with a little spice until it turned tender and sweet. There is real sense in that small act of cooking.

Cooking fruit softens its texture and begins breaking down some of its structure before it reaches the plate. For many people, especially those who find raw fruit less comfortable first thing in the morning, stewed fruit can feel gentler and more soothing.

These preparations are old and found in many traditional kitchens, stewed apples and pears, gently spiced compotes, fruit softened with a little cinnamon, clove, or cardamom. They followed the seasons too, whatever was ripe and abundant simmered down and enjoyed at its best, a quiet and sensible way to eat that we are only now rediscovering.

What turns a bowl of warm fruit into a truly nourishing breakfast is what you serve alongside it. Pairing fruit with foods like whole milk yogurt, cream, butter, or ghee adds richness and staying power and turns a simple bowl of fruit into a more substantial breakfast. More than that, there is the comfort of it, the warmth and the ritual of a gentle sweet bowl. The recipes here are exactly that, simple, seasonal, and quietly comforting.



Stewed Cinnamon Apples with Raw Cream

Stewing fruit is one of those small old practices that makes it warmer, sweeter, and far easier to digest than eating it raw on an empty stomach. With a pour of raw cream over the top, this tastes like the inside of a pie with none of the work.

PREP: 10 min • COOK: 15 min • SERVES: 3 to 4

INGREDIENTS

3 apples, peeled and chopped
A splash of water
1 teaspoon cinnamon
A pinch of sea salt
Raw cream, to serve

INSTRUCTIONS

1. Add the apples, water, cinnamon, and salt to a small pot.
2. Cover and cook over low heat for about ten to fifteen minutes, stirring now and then, until soft and saucy.
3. Mash a little with your spoon if you like it smoother.
4. Spoon warm into bowls and pour cold raw cream over the top.

NOTE: Lovely spooned warm over the soaked oat porridge, too.



Warm Stewed Pears with Cloves

Pears turn silky and almost honeyed when you stew them gently, and a whisper of clove makes the whole kitchen smell like the change of seasons. This is a beautiful, quiet way to start a cool morning.

PREP: 10 min • COOK: 12 min • SERVES: 3 to 4

INGREDIENTS

3 ripe pears, peeled and chopped
A splash of water
2 whole cloves
A pinch of cinnamon
A drizzle of raw honey, if needed

INSTRUCTIONS

1. Put the pears, water, and cloves in a small pot.
2. Cook gently over low heat for about ten minutes until soft and tender.
3. Fish out the cloves and add a pinch of cinnamon.
4. Taste, add a little honey only if the pears need it, and serve warm on their own or over yogurt.

NOTE: Choose pears that are ripe but still firm so they hold their shape.



Spiced Stewed Apples with Ghee and Cardamom

This is the Ayurvedic way to eat apples in the morning, cooked soft with warming spices and a little ghee so they soothe rather than stir up the digestion. Stewed apples with cardamom are traditionally eaten first thing to gently wake the system, and they are simply lovely.

PREP: 10 min • COOK: 12 min • SERVES: 3 to 4

INGREDIENTS

3 apples, peeled and chopped
1 teaspoon ghee
Seeds from 3 cardamom pods, crushed
A pinch of cinnamon and a small pinch of clove
A splash of water

INSTRUCTIONS

1. Warm the ghee in a small pot and stir in the crushed cardamom and the other spices for a moment until fragrant.
2. Add the apples and a splash of water.
3. Cover and cook gently for about ten to twelve minutes until completely soft.
4. Eat warm, ideally on their own and a little before the rest of your breakfast.

NOTE: In Ayurveda these are eaten first, a little before the rest of breakfast, to wake the digestion gently.



Warm Berry Compote over Whole Milk Yogurt

A quick warm berry compote spooned over cold, thick yogurt is the contrast that makes a simple breakfast feel a little special. The gentle warmth coaxes all the sweetness out of the berries so you barely need to add anything at all.

PREP: 5 min • COOK: 7 min • SERVES: 2 to 4

INGREDIENTS

2 cups berries, fresh or frozen

A splash of water

A squeeze of lemon

A drizzle of raw honey, if needed

Whole milk yogurt to serve

Fresh figs or extra fruit to top, if you have them

INSTRUCTIONS

1. Add the berries, water, and lemon to a small pot.
2. Warm gently for about five to seven minutes until the berries soften and release their juices.
3. Taste and add a little honey only if you need it.
4. Spoon a generous amount of yogurt into a bowl, pour the warm compote over the top, and add fresh fruit if you like.

NOTE: Frozen berries work just as well as fresh and make this a year-round breakfast.

WARM MORNINGS

THE WARM MORNING PANTRY

Always use organic, local, grass fed & finished, and pastured when possible.

THE BASES

Oats • White rice • Buckwheat • Millet • Polenta • Semolina • Mung dal • Red lentils

THE NOURISHING STAPLES

Bone broth • Eggs • Butter • Ghee • Tallow • Whole milk • Raw or cultured cream • Whole milk yogurt

THE SAVORY JARS

Miso paste • Kimchi • Sauerkraut • Tamari • Toasted sesame oil • Chili oil

FROM THE SEA

Nori • Wakame • Kombu • Dulse • Good mineral salt

THE WARMING DRAWER

Fresh ginger • Cinnamon • Cardamom • Cumin • Turmeric • Cloves • Black pepper

THE FINISHING THINGS

Raw honey • Maple syrup • Fresh herbs • Scallions • Lemon/lime • Olive oil

ALWAYS IN THE FRIDGE

Stewed fruit • Cooked rice • Leftover soup • Cooked greens • Homemade broth • Soft-boiled eggs

You don't need all of these. A jar of broth, a few eggs, cooked rice, good butter, something fermented, and a handful of seasonings can become a week's worth of warm mornings.

A FINAL WORD

The Gift of a Slow Morning

So much of modern life asks us to begin the day already running. Coffee in one hand, out the door, the morning gone before it has really started. But mornings do not have to be something we rush through. They can be the part of the day we quietly protect.

There is a real power in choosing nourishment over speed, in standing at the stove for a few unhurried minutes while something warm comes together. These are not complicated meals. They are the simple, traditional foods that have begun the day for people for generations, and they ask only that you slow down long enough to make and enjoy them.

A warm breakfast is a small daily ritual, and rituals are how we remind ourselves that we matter. However full the day ahead, beginning it with something warm and made with care sets a gentler, steadier tone, a quiet reminder that you are worth the few minutes it takes to be fed well.

May these breakfasts bring warmth to your mornings and nourishment to your days.

With warmth,
Larissa

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