

# It's All about Brunch: A Guest Post by THE Confident Cook, Hindy G.

Good Morning Readers!

I hope everyone is doing wonderfully. Things are going well in the Jewhungry kitchen these days. I'm exhausted but pushing through. Quick story: I went to get my haircut last week (I decided the Omer was on Monday as well) and of course, the conversation in the salon quickly turned to food. I go to a salon that focuses on using only organic products and so the folks that work there tend to lean towards a more 'green' lifestyle. So, when I started talking about the meals I cook for my regular client and mentioned the cauliflower crust pizza, the next thing I know I'm walking out with a trim and two orders for pizza and a quinoa dish of my choosing (I made quinoa 'meatballs' and they are delicious. Keep an eye out in a future post). Business is booming y'all and though it's a bit overwhelming I can't help but feel a little excited too.

Speaking of excited, today's post is a guest post by the one and only Hindy G. from Confident Cook, Hesitant Baker. Being accepted into the Kosher Connection fold several months ago was a highlight of my blogging life thus far. Through the KC, I've been able to meet and connect and most especially, learn from some incredibly talented and supportive people. I am so eternally grateful for what this group of people has done for Jewhungry and for my own growth as a cook and a blogger. One of these amazing folks is Hindy, who ever so kindly accepted my invitation to guest on this blog with the theme of "Mother's Day brunch". Now, this will be my first Mother's Day and yes, it's a Hallmark holiday and blah blah blah blah, but, I can't help but be a little excited. Naturally, our plans for this Sunday revolve around food, as most of our

plans tend to do and if you have any hesitation as to what to cook for the amazing mama in your life this Sunday (or any day, let's be honest), hesitate no more because Hindy has cooked up a delicious breakfast tostada that will knock your socks off! Enjoy!



I'll be celebrating "Mom Life" with this one this Sunday (well, I celebrate mom life with this one every day, to be honest).

Thanks to Whitney for asking me to share my cooking with you! I've been keeping an eye on JewHungry for a while now, and love what Whitney has to share on parenting and food!

I'd love to be that kind of person who uses the term "brunch" regularly. I really want it to be part of my vocabulary. You know those people where brunch becomes a verb AND a noun in their life? My reality is that brunch rarely happens in my life. Ever since I became a parent, I have given my mornings

away to my children. I'm not complaining. I love what motherhood has given to me. I just miss my lazy Sunday mornings. Breakfast is my favorite meal and I would love for it to be leisurely – like a brunch should be.

A few years ago, I went back home to Minneapolis, a rare trip without children – to celebrate my sister's 30<sup>th</sup> birthday. The weekend of celebrations was amazing and ended with Sunday morning brunch at a fantastic place called Hell's Kitchen. This breakfast tostada that I'm sharing with you today is inspired by the brunch I had there. This breakfast is perfect hangover food, but also goes great with a mimosa or a bloody mary, or even a cup of coffee. Not that mothers should be condoning alcohol consumption or hangovers, right? Mothers do deserve some fun once in a while.

These breakfast tostadas would be perfect for a Mother's Day breakfast. Most of the components can be prepared in advance and then you can save the egg prep for Sunday morning. I love layered dishes like this one.



## **Breakfast Tostadas**

### **Ingredients:**

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1 tbsp. vegetable oil

6 corn tortillas

### **Refried Bean Layer:**

1 tsp. vegetable oil

$\frac{1}{2}$  onion, minced

1 can black beans

1 tsp. cumin

1 tsp. salt

1 tsp. chili powder

2 tbsp. vegetable broth



### **Guacamole Layer:**

2 avocados

$\frac{1}{2}$  red onion, chopped

1 tsp. garlic powder

1 tsp. ground pepper

juice of  $\frac{1}{2}$  lime

1 tsp. cumin

1 tsp. chili powder

### **Salsa Layer:**

1 tomato

$\frac{1}{2}$  red onion, chopped

$\frac{1}{2}$  red pepper, chopped

$\frac{1}{2}$  green pepper, chopped

2-3 tbsp. chopped cilantro

juice of  $\frac{1}{2}$  lime

1 tsp. salt

1 tsp. ground pepper

1 cup of steamed white corn (you can use canned or frozen if you don't have fresh)

### **Beans:**

1 cup black beans, drained and rinsed

### **Cheese (optional):**

1.5 cups Mexican Blend Cheese, shredded

### **Eggs:**

6 eggs

1 tbsp. butter

### **Directions:**

Pan fry the tortillas in the vegetable oil for a couple minutes on each side. They should be brown and crisp. Drain them on paper towels.

For the refried beans, start by heating up the oil and sautéing the onions and garlic. Add the rest of the refried bean ingredients to the pan and cook for a few minutes. After a few minutes, mash with a potato masher or a fork. It doesn't have to be completely smooth. I like my refried beans a little chunky.

For the guacamole layer, mash everything together. Taste and add additional seasoning if necessary.



For the salsa layer, chop everything up and mix together.

Drain the beans as indicated and set aside.

I like my eggs sunny side up in this dish. If you want, you could poach or scramble the eggs instead. I love my eggs sunny side up with a runny egg.

While the eggs are cooking, start layering the other pieces. This dish is pretty flexible, but I did fried tortillas then refried beans then a layer of guacamole then a layer of salsa then some shredded cheese and then the eggs. I also like to add a dash of hot sauce over my eggs when serving. I love the way the runny eggs integrate in to everything.

Hope you enjoy! A happy mother's day to all the parents out there!

