

COMMENT

Nothing tops a good breakfast

By Ted Brown
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A Ted Bit

I'm a breakfast junkie.

I'd have to say, without any exception, breakfast is my favourite meal of the day.

It's the perfect meal— first thing in the morning, before anyone has had an opportunity to screw up your day.

I like to eat breakfast before I do anything else— before chores, before starting a project, and most of all, I love breakfast when it's quiet on the veranda and there's no bugs outside.

Having said that, I do bend my rules around having breakfast.

Earlier this week, I had a meeting at 7:30 a.m. Now when I have a meeting that early, I'm faced with a quandary.

Do I get up at 6 a.m., feed the sheep, have a shower and then eat breakfast, and go to the meeting?

Or do I simply attend the meeting on an empty stomach, planning to grab my breakfast after?

(Oh yeah, and the sheep will have to wait until I'm finished my breakfast.)

I chose the latter, although those who called the meeting may have had to endure my somewhat cranky demeanor until my tummy is full and the rumbly-grumblys have subsided!

When I was still working fulltime at The IFP, I'd often welcome the early morning assignments. It was great, head out to cover a 7 a.m. event, then swing by one of the many family restaurants that are located in Georgetown and Acton.

Since retiring, my former co-worker Kevin Powell and I make a point of meeting for breakfast— most often on a Friday morning. It's a great time to catch up on the previous week or two, as well and share some quality time.

Since he lives in Milton, Kevin and I have one particular location we visit, where we get VIP treatment.

When we visit our regular haunt in Milton, 'our' server will actually split the order— instead of three strips of bacon, or three sausages, we get two sausages and two strips of bacon— without

even asking.

She's a keeper.

Our breakfast orders never deviate from the well-trodden path— most of the servers in all the restaurants we attend know what we're going to order before walking to the table.

Both of us take black coffee, (I take sugar, he doesn't), we both like our eggs over easy, and will always have home fries. Kevin orders brown toast and bacon, I have white toast and sausages.

In Georgetown and Acton, I sometimes have meetings over breakfast. What better way to express a point of view when the person across the table has a mouthful of toast, and can't readily interrupt you?

At home, breakfast is pretty much the same every morning— bacon, eggs, toast and coffee. When The Sidekick is home for breakfast, I often fry up some home fries, just to add to the meal.

When we travel to Ottawa, we stay at a nice little B&B. It's a quaint, comfortable place to stay from a location point of view— but the main reason we stay there is the breakfast.

Without a word of a lie, if they don't have a certain food for breakfast, you don't need it. Numerous types of cereal, porridge, bagels, muffins and croissants, eggs in any way, and as many as you want, bacon, ham, steak, sausages and any other meat you can put with an egg— and a dozen types of coffee, tea and milk.

Yup, one could hurt themselves at that place, simply due to over eating!

But in spite of the fact I enjoy pulling a chair up to the table in a local eatery— one thing remains.

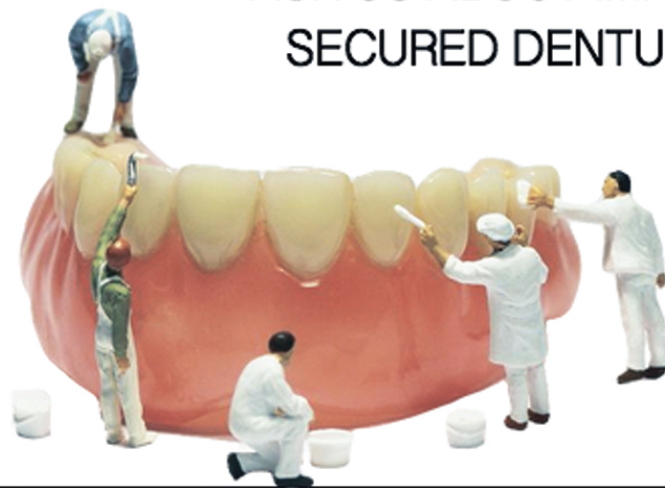
There's nothing quite like sitting down at my own kitchen table, savouring my over-easy egg, and specifically cooked but not burnt bacon— and we can't forget the perfectly browned toast... Well it doesn't get any better than that.

Okay, gotta go— I hear the bacon starting to spit in the frying pan...



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