



Indulgence Redefined Handy Hints

Breakfast can be a source of ritual, fun, memories and indulgence. Do you have a favourite breakfast ritual? Here are a few we've discovered from the McCormick Team:

Karen

"I used to love egg soldiers for breakfast on a weekend. I'd love my eggs hard boiled while my sister loved them soft and runny.

Sometimes we could use crumpets as the 'soldier' to dip into the egg, or sometimes just plain toast. And my dad loved dipping his into chilli sauce as well, for an extra kick! It was always so much more fun than just having an egg on toast!"



Peter

"Froot loops was the ultimate indulgent cereal at our house. We were only ever allowed to have them on a special occasion like Birthdays & Christmas morning, so

was always a real treat. My mum used to try and make them healthy somehow, but we just loved them on their own, and would drink up the coloured milk at the end straight from the bowl."



Kim

"Every time I would stay at my grandmothers, we had porridge for breakfast. I liked warm milk with it, she liked cold milk. And she would have a buffet of goodies available for us to add on the top such as fruits, syrups, nuts, dried coconut. She always made it from scratch, but I still secretly enjoy the instant, ready to go ones. It reminds me of those sleepovers at Nans."



Andrew

"Pancakes were our weekend treat. Mum would make fun faces on them. I liked them nice and thin while my brother liked the big thick ones. And was always the classic sugar and lemon for me, but now I see really fancy ones with all sorts of healthy toppings! And savory pancakes are also so popular now too."



Sarah

"I used to love going away on holidays where we stayed at fancy hotels. They also had a great omelette station as part of the breakfast buffet. You would have so many exotic flavours and ingredients that you could add. I remember even trying a white egg omelette one time! It was the ultimate holiday ritual to get your own personalised omelette."



Dean

"It was always a competition in our house with my brothers - how many Weet-Bix could you eat? Loading them into your owl and pouring the milk over it, and sneaking some sugar to sprinkle over them before mum saw! I now see so many recipes that have Weet-Bix as the ingredient."



Some examples of International breakfast rituals:



Al-Man'ouché, a traditional **Lebanese breakfast**, is a flatbread enjoyed by everyone, made at home or in specialized bakeries. The dough is pressed and topped with thyme, sumac, sesame seeds, salt, and olive oil before being cooked. Additional toppings like soft cheese, tomatoes, cucumbers, olives, and mint can be added. The aroma of al-Man'ouché, also called Manakesh in some places, is nostalgic, recalling traditional morning gatherings that foster social connections.



French have fresh baked goods with coffee



Chinese enjoy traditional donuts and congee



Turkish tea culture is steeped in years of tradition.

The culture of tea practised in Türkiye and Azerbaijan was recognised by UNESCO as a symbol of "identity, hospitality and social interaction" in 2022. In Turkey, tea is prepared in small samovars and served in small, tulip-shaped glasses. In Azerbaijan, people sometimes add spices and herbs to the tea, such as cinnamon, ginger and thyme

Suggested Teaching Ideas

Idea 1

Ask students to share their favourite childhood breakfast memory. Encourage them to describe the dish, any special traditions or memories associated with it, and why it was their favourite.

Idea 2

Students could interview their grandparents, parents, older neighbours or teachers to find out their favourite breakfasts foods and discuss why these foods are nostalgic and hold a special place in their hearts.

Idea 3

Watch television series like ABC's 'Back in Time Dinner', 'Further Back In Time For Dinner' and 'Back In Time For The Corner Shop' available iView to examine nostalgic foods consumed for breakfast <https://iview.abc.net.au/>.

Idea 4

Explore diverse ways in which rituals with food are woven into cultural practices, daily routines, and special occasions around the world to discuss ways rituals could be included in your response to this brief. For example,

- watch a video clip about Japanese tea ceremony, or 'chanoyu' or 'sado,' which is a highly ritualised preparation and consumption of matcha (green tea). Discuss how this ritual is about precise movements, specific utensils, and a focus on mindfulness. Further information can be found on SBS Food's website <https://www.sbs.com.au/food/article/philosophy-in-a-teacup-learnings-from-japanese-tea-ceremony/g4wmduw66> or examples can be viewed on YouTube.
- discuss how in Mediterranean cultures, especially in countries like Greece and Turkey, the ritual of sharing meze (small appetisers) before a meal is common. Discuss how a communal dining experience is fostered through sharing a variety of dishes like olives, cheeses, and dips.
- ask a class, discuss how rituals make dining a full sensory experience, turning eating into a memorable event that engages multiple senses

Idea 5

Ask students to share dining rituals, whether they are cultural practices or family traditions. For instance, it could be a specific way of setting the table, saying a blessing, or sharing stories during meals.

Idea 6

Watch cookery shows on TV or online to identify and observe rituals such as

- sprinkling with a seasoning or finishing salt or fresh herbs at the table before serving
- dusting with cocoa or powder sugar
- spraying a citrus zest
- tableside carving or serving
- pouring over dressing or gravy over food at the table before serving
- decorative plating techniques such as swirls, drizzles at the table

Discuss ways that a ritual could be incorporated into the students' response to this brief.