



- One 10-inch flour tortilla
- Easy spiced black beans\* and pico de gallo, drained, for serving

➤ **Using an 8-inch skillet** over moderate heat, slowly render the bacon until the fat liquefies but the bacon is still soft.

➤ **Pour off** rendered fat and reserve, leaving enough in the pan only to glaze the surface. Over low heat, quickly scramble the eggs in the bacon fat until just soft, about 2 minutes.

➤ **While eggs** are still soft, remove pan from heat and gently fold in shredded cheese so that it melts but doesn't break.

➤ **While egg mixture** is setting, warm the tortilla in a large, hot skillet (cast iron if possible) until there is just a hint of crispiness on one side but the other side is still pliable, about 90 seconds. (Do not flip the tortilla.)

➤ **Transfer tortilla** (crisp side down) to clean workspace and quickly spoon eggs into the center, leaving at least a 2-inch clean edge for folding. Fold top and bottom edges of the tortilla to meet over the eggs, and then the right and left sides, quickly turning the packet over to a plate, seam side down.

➤ **Serve with** easy spiced black beans and pico de gallo.

\***Easy spiced black beans:** Heat one 15-oz can good-quality black beans in their own liquid (do not drain) with pinch (¼ tsp) cumin, pinch (¼ tsp) chili powder, ½ tsp salt (salt before serving, according to taste and brand), 2 tbsp black coffee, and 1 tbsp rendered bacon fat.

ABOUT 8 MINS

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## BREAKFAST BURRITOS

CHEF: MICHAEL LEVITON

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For me, cooking at home is less about being a chef and more about being a dad. I have a limited time frame and a "do no

harm" attitude in the kitchen: I don't want to burden myself with a lot of cleanup. This breakfast works on all counts, including the most important consideration: My kids will eat it. The flexibility is another bonus. Because children's tastes change quickly, I can get them to experiment with flavor by doing something as simple as switching out the salsa—we've gone through tomato, mango, and peach. Although adding avocado might work in some houses, it doesn't fly in mine.

Right now, the eggs are scrambled with bacon, and sometimes I use breakfast sausage. I'm working them up to chorizo.

**For each burrito:**

- 2 to 3 thick slices bacon (more sweet than smoky, such as maple-and-black-pepper-cured, applewood-smoked), cut into ½-inch dice
- 2 jumbo eggs, lightly whisked with 1 tsp half-and-half
- ½ cup shredded mild cheese, such as a mix of jack and cheddar

ABOUT 2 HUGE Tbsp



## HOW TO FEED YOUR KIDS

BY CHEF CHARLIE PALMER

➤ **When they** were really small, we would take the stuff we ate and puree it in a small Cuisinart. It could be chicken and carrots, with porcini mushrooms. All together. I'd like to think that developed their palates.

➤ **For the teenage athlete**, there's no in-between. My oldest son will come home with Pop-Tarts one day, and I'm thinking,

Pop-Tarts? Are you kidding me? And the next day he's saying, "Dad, we need fruit salad. I need some cabbage."

➤ **The only thing** we were adamant about was soft drinks. My wife is big on sparkling water and juices. But never apple juice. Everyone plays a game with apple juice: *Oh, it's apple juice. It's natural.* It's still loaded with sugar, even if you get it at Whole Foods. A kid gets a taste of that, and that's where the candy thing comes in.

➤ **I'm a true believer** that if you get your kid to actually help cook broccoli and asparagus, they're more apt to eat it.

➤ **My kids** don't even know how to have dinner without a salad. It becomes routine.

➤ **Shaved cabbage**, a little red onion, any vinaigrette. Throw in an apple. Five minutes.

➤ **You can say** your kids like only chicken fingers and hot dogs, but that's because that's what's easier for you to feed them.

➤ **Chicken fingers:** Think of the quality of that meat. There's usually a reason they're putting breading on it and frying it.

➤ **The plain pasta** thing kills me. "Could I just get pasta with butter and cheese for my kid?" You want to pay 40 bucks for a bowl of fking pasta with butter? Okay. But why not have your kid try the pasta with pea shoots and julienne of smoked salmon, a little bit of lemon zest? I bet they're going to like it.

➤ **In stores**, you're seeing chicken breasts that are already thin-cut. Put it in a marinade and just grill it. If it doesn't happen on Tuesday as planned, do it on Wednesday.

➤ **We go** out of our way to have what the boys call "the big family dinner." They're allowed to bring anybody they want, as long as they tell me ahead. Why is it important to have these dinners? Because the conversation that happens would never happen anywhere else.