

The brunch, a happy weekend

SANDRA PALACIOS
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Ideal for sharing a meal with family and friends are in South Florida many options to suit all tastes.

THE BRUNCH, A TASTE OF WEEKEND

Although it became popular in the United States, the tradition of *brunch* would already have been consolidated in England around 1900. A possible origin of the custom comes from the fact that Sundays are free days of the servants, during Victorian England, which is why, before taking the day off, employees leaving a buffet ready for their patrons with cold dishes that could avail themselves members of the house.

In America, the custom was extended by adding a little of its culinary traditions, eggs, sausage, bacon, ham, *pancakes*, French toast, *hash browns* and sandwiches are part of the diet of the typical American breakfast, which also applies to the *brunch*. Dishes are high in fat, but those are just some of the options.

Since he became more famous *brunch* at hotels and restaurants, the menu has expanded with a variety of dishes such as soups, puddings, salads, sea food, snacks and desserts that make the offer even more tempting. In Miami, the list of premises that offer *brunch* on weekends is quite extensive, from the most expensive to the most modest.

"We opened for *brunch* for two and a half months and has been a success", said Michael Altman, *chef* of Town Kitchen and Bar in South Miami. "The climate of Miami is perfect to enjoy a good omelette or why not, a delicious burger before noon, outdoors. We also have a *kids zone*, so that children enjoy with other children, watching movies or enjoying an ice cream, while her parents take a mimosa or a Bloody Mary"he adds.

The Biltmore Hotel in Coral Gables, the Rusty Pelican in Key Biscayne, 1 Bleu's Regent Bal Harbor, the Ritz-Carlton Key Biscayne, the Four Seasons on Brickell or Nemo in South Beach are some of the most frequented by local *brunches* and tourists. Stations artisanal cheeses, breads and desserts for all tastes, Benedictine eggs prepared in different ways, tortillas of all kinds and fruit juices are just some of the options offered by local authorities. Most restaurants offer fixed prices for adults and children and in some Blody Marys and mimosas are limitless. •

spalacios@herald.com

GIANT Pancake
Town Kitchen and Bar

INGREDIENTS:

2 cups flour

1 ¼ cdtas. sugar

½ tsp. salt

1 cup yogurt

2 cdtas. baking powder

½ cup Club Soda

2 eggs lightly beaten

6 tbsp. unsalted butter

strawberries, blackberries and raspberries to taste

PREPARATION:

Pour into a large bowl the flour, sugar and salt and stir until well mixed. In another separate bowl mix yogurt and baking powder; let stand for 10 minutes. Then, add the yogurt mixture to the bowl with the flour and add the Club Soda and the eggs, whisk until well combined. Heat the oven to 350 degrees. Meanwhile a hot cda. of butter in a frying pan and pour the mixture as if it were doing 'pancakes' normal when you're doing bubbles add strawberries, raspberries and blackberries on the 'pancake' and leading to the oven for approximately 8 minutes. After serving in a large bowl and garnish with whipped cream, powdered sugar or more red fruit.

TIRADITO OF AHI TUNA

WITH ORANGE AND GRANADA



GASTON DE CARDENAS / EL NUEVO HERALD

Sources of sushi 'brunch' Sunday's Four Seasons Hotel in Miami.



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