



Breakfast

The
HERITAGE
COOKBOOK
Project

Food can help us to reconnect with our culture and heritage. It can also help us establish new traditions to pass on to our families.

When blending different cultures, those new traditions can become a delicious rendition of each member of the family.

Bubula & Kung Jung Eggs

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The blending of cultures can result in navigating everything from child rearing to determining what faith will be observed. In many cases this navigation results in the celebration of each culture at the table.



Yield
1 serving



Prep Time
5 minutes



Cook Time
5 minutes



Total Time
10 minutes

INGREDIENTS

Bubula

2 eggs separated
2 tablespoons matzo meal
1 tablespoon seltzer water
pinch salt
canola oil
sugar
cinnamon

Kung Jung Eggs with Portuguese Sausage and Rice

1/4 cup sliced Portuguese sausage
2 eggs
1/2 teaspoon soy sauce
1 tablespoon olive oil
1 cup cooked rice

INSTRUCTIONS

Matzo Meal Pancakes

1. Separate 2 eggs. Put the whites in a medium bowl, big enough for whipping them. Place the yellows in a similar size bowl.
2. To the yolks, add 2 tablespoons of matzo meal, one tablespoon of sparkling water (seltzer), and a pinch of salt. Combine, using a small whisk or fork.
3. Whip the egg whites to stiff peaks and then fold the egg whites into the yellow mixture.
4. Heat a small skillet on medium to medium-high. Once heated, add one tablespoon of oil, then add the matzo meal mixture.
5. Cook until you see it sizzle around the edges and firm up. It should be nicely browned. It only needs to cook briefly on the flipped side to brown and finish firming up the interior.
6. Flip the bubula onto a plate, sprinkle with granulated sugar. A little cinnamon is nice too.

Kung Jung Eggs with Portuguese Sausage and Rice

1. In a skillet over medium-high heat, cook the Portuguese sausage slices until nicely browned on both sides, about 2 minutes per side.
2. Whisk together the eggs, and soy sauce.
3. Heat another pan over medium-low heat, add the oil, and then the egg mixture.
4. Stir occasionally with a rubber spatula, cooking slowly and evenly, about 2 - 3 minutes depending upon your stove.
5. Serve the eggs and sausage slices over warm rice.



Beth & her Grandma



Beth Lee



Our families have very different backgrounds religiously, culturally, ethnically. We choose to create our family, around those traditions, the way it works for us.

~ Beth Lee

