

Lutosa

BREAKFAST
TIME

Breakfast, the most important meal of the day!

To shine from sunrise to sunset a good breakfast is recommended. Indeed, skipping breakfast can lead to overeating at lunch, craving snacks and feel tired throughout the day.

Potatoes are perfectly suited for breakfast. They contain a high level of potassium, vitamin C, folic acid, iron and fiber.

Cooked in an oven or in a pan, Lutosa products will reach a low-fat score. Combined with complementary nutrients provided by the right ingredients, you will get the perfect balanced breakfast

6 reasons why:

- ✓ Encourages healthier eating.
- ✓ Balances blood sugar levels.
- ✓ Kickstarts your metabolism.
- ✓ Boosts energy levels.
- ✓ Promotes heart health.
- ✓ Stimulates the brain.



Potato crunchies

Honey cottage cheese bowl with dates and crunchies

Ingredients

- ✓ Lutosa Potato Crunchies
- ✓ 150g cottage cheese
- ✓ 25g honey
- ✓ 6 dried dates
- ✓ A dash of cinnamon
- ✓ A tablespoon of grilled pumpkin seed

Recipe

- Heat the fryer to 175°C
- Chop 3 dates into slices
- Mix the cheese, the chopped dates, the honey (leave some to finish the plate) and the cinnamon in a bowl
- Grill the pumpkin pins in a hot pan
- Fry the crunchies for 3 min at 175°C
- Put the cheese mix in a serving bowl, top with the rest of the dates, grilled pins, crunchies.
- Finish off with some honey and a small dash of cinnamon

Omelette with Potato Slices

No Gluten, No Meat

Lutosa-products are perfectly suited for new lifestyles. With consumers becoming more demanding, the conscious lifestyle trend is now widespread in all regions of the world. Potato-based breakfasts can be perfectly adapted to all diets.

In our wide product range, Lutosa also offers products that are suitable for gluten-free and vegetarian diets. Create potato based recipes according to your own taste or use the recipes in this brochure for inspiration.



Slices 5/7mm



Grab & Go! Busy schedule, but never on an empty stomach!

Grab & Go is one of the most important current trends. Adapted from fast casual dinings to caterings, you will find grab & go options in cafes, bakeries, universities or restaurants. And let's be clear... Consumers of Grab&Go

options are looking for nutritive, high quality and tasty food. Our Greek Breakfast Muffins Recipe, using Lutosa-potato cubes is perfectly suited for this new demand: Easy to carry and highly delicious!

Cubes 12/12/12 mm



Greek breakfast muffins

Ingredients

- | | | |
|----------------------------|------------------------------------|-----------------------------------|
| ✓ 100g Lutosa cubes | ✓ 2 coffee spoons baking powder | ✓ 2 coffee spoons rosemary |
| ✓ 2 medium tomatoes | ✓ 100g Flat cheese nature (0% fat) | ✓ 2 coffee spoons chopped oregano |
| ✓ 60g black, pitted olives | ✓ 50 ml milk | ✓ 2 coffee spoons pepper |
| ✓ 100g Feta cheese | ✓ 2 Eggs | ✓ Salt |
| ✓ 200g flour | ✓ 2 coffee spoons oil | |

Recipe

- Preheat the oven to 180 °C. Wash the tomatoes and cut into cubes. Cut the olives into rings. Crumble the feta. Mix the flour with baking powder, a pinch of pepper and a pinch of salt and stir with the flat cheese, milk, eggs, oil, rosemary and oregano into a dough.
- Add the olives & the diced tomatoes and three-quarters of the feta and the potato cubes to the dough, stir in and spoon into 12 silicone muffin tins or paper moulds. Sprinkle the muffins with the rest of the feta. Bake in the oven for about 30 minutes and serve.



Sunday Brunch

It's time to take the time...

Brunch, the new weekly rendez-vous for food lovers. "Brunch" is a contraction between the words "Breakfast" and "Lunch" indicating the moment of eating. Generally, brunches take place between 10 am and 3 pm on Sundays. The brunch is becoming increasingly popular in cafés and restaurants. They provide quality time to families and friends and offer the opportunity to taste sweet and savoury products. Brunch offers a wide variety of dishes and you can find in our [large product portfolio](#) the best product to fit your recipe: from potato slices to hashbrowns, from genuine potato taste products to flavoured specialities.



The Star of Brunch

Eggs Benedict : a must-have for any brunch !

We suggest you to revisit the version of Eggs Benedict and replace the muffin with our delicious rosti burger for even more flavour. Add salmon to delight your guests, followed by the poached egg topped with its English sauce and you're done !



Rösti Burger

Eggs Benedicte

Ingredients :

✓ Lutosa Rosti Burger

Poached eggs

- ✓ 4 l water
- ✓ 1 l vinegar
- ✓ 4 eggs
- ✓ 8 thin slices of smoked salmon

Hollandaise sauce

- ✓ 220g butter
- ✓ 4 eggs
- ✓ 4 egg cups of water
- ✓ 1 teaspoon sharp mustard
- ✓ 1 lemon
- ✓ Cayenne
- ✓ Salt

Recipe (4 persons)

- Bring the water with the vinegar to a boil in a high pot.
- Preheat the oven to 200°C.
- Place the rosti burger in the oven for 12 min

Hollandaise sauce

- Melt the butter in a saucepan. Prepare the butter by cooping off the foam and remaining only the transparent part.
- Split the eggs and put the egg yolks in a second saucepan.
- Beat the egg yolks with the water. Put the pot on the heat and beat with a whisk frothy like sabayon. Remove the pot from the heat before the eggs solidify.
- Whisk the clarified butter with the sauce.
- Season the Hollandaise with a pinch of salt, cayenne pepper, sharp mustard and the juice of a quarter lemon.

Poached eggs

- Using a whisk, make a vortex in the large pot of water and vinegar.
- The water to boil the eggs may taste a little like vinegar but not be overly acidic. The vinegar ensures that the clotting of the eggs is faster.
- Break each egg into a separate bowl and slide them into the water one by one.
- Poach the eggs for about 3 minutes. Scoop the eggs out of the water with a skid.
- Drain on a clean kitchen towel.

Finishing and serving

- Remove the rosti from the oven and drain on kitchen paper.
- Place the rosti in the middle of a plate and top with the smoked salmon finish with a poached egg, a large spoonful of Hollandaise sauce.



An infinite number of possibilities...

Try our Crunchy Oval Hashbrowns with different toppings. Sweet or savory, let your imagination run free and impress your customers. This setting is perfect for on a shared plate, brunch setting, buffet and Grab&Go.



Crunchy Oval Hashbrown

Avocado,
strawberries
and balsamic vinegar

Tuna, red onion and
beet hummus salad



Goat cheese,
roasted pine nuts
and cucumbers

Tomato, mozzarella
and basil

Informations techniques

Cubes 12/12/12 mm



Slices 5/7 mm



Spicy wedges cut in 8 **Skin-on**



Hashbrown



Crunchy Oval Hashbrown



Rösti with Onion taste



Potato Crunchies
"Tater Tots"



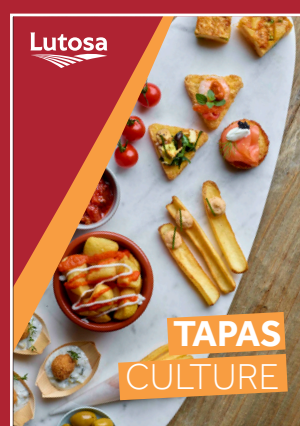
	Article nr	Packaging	EAN code single pack	EAN code outer case	Number of cases per pallet
Slices	10331175-1V	10x1kg	54 10376 299369	1 54 10376 299403	72
	1016363-1V	4x2,5kg	54 10376 401052	1 54 10376 8401059	72
	1016363-6K				96
Cubes	1031176-1W	10x1kg	54 10376 444585	1 54 10376 444599	81
	1016386-1V	4x2,5kg	54 10376 444318	1 54 10376 444162	72
Spicy Wedges	1031167-1V	10x1kg	54 10376 613240	1 54 10376 613438	72
	1016423-1V	4x2,5kg	54 10376 611239	1 54 10376 611236	72
	1016423-7B				84
Hashbrowns	1016350-1U	4x2,5kg	54 10376 377029	1 54 10376 377026	63
Crunchy Oval Hashbrowns	1033479-6G	5x2kg	54 10376 677501	1 54 10376 677515	70
Rosti with onion taste	1031131-1U	10x1kg	54 10376 377388	1 54 10376 377422	63
Potato crunchies	1033319-6I	4x2,5kg	54 10376 677546	0 54 10376 677546	80
Belgian Waffles	33851	48x70g	-	1 54 10376 911619	60
	33314				91



At Lutosa we've dedicated more than 40 years to championing the delicious, versatile potato. Transformed into tasty products, ours potatoes are perfectly suited to breakfast.

Their high level of potassium, vitamin C, folic acid, iron and fiber, make them an ideal product to start the day. Used as ingredients or served on their own, they will enhance your recipes and level up your plates.

Discover also our others thematic brochures.



Lutosa

Potatoes to the world

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