

# EGGS

Are for eating,  
not decorating

It may be Easter, but  
we prefer to consider  
the many ways they  
can be devoured  
rather than dyed.

SECTION D



## Savorvore



### PEAK CONDITION

Canada, Slovakia and  
Sweden are preparing for the  
hockey women's world  
championship, and checking  
out the hot tubs, at Jay Peak.

SPORTS, 1C



# Burlington Free Press

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# Local chefs depend on eggs

By **Melissa Pasanen**  
Free Press Correspondent

Marc Dysinger estimates he has cracked 2 million eggs over the course of his culinary career, largely over the past decade he has spent as chef-owner of Sneakers Bistro in Winooski.

"Eggs were the first thing I ever learned to cook as a kid," he said. "Nothing beats a basic breakfast of home fries, two eggs over easy, bacon and buttered toast."

Not surprisingly, eggs feature prominently in the menu of Sneakers, one of the go-to breakfast and brunch destinations in the Burlington area — and they go far beyond the basic breakfast, as good as that is.

This weekend, the restaurant will offer its usual range of specials: an omelet (fresh salmon with artichoke pesto, tomato and chevre), an additional eggs Benedict (grilled beef tenderloin medallion on warm brioche in a bowl of lobster bisque topped with two poached eggs, grilled asparagus and Bearnaise sauce) and another egg-dependent

## ■ Recipes, 3D

special: chai-battered challah bread French toast with plum-berry compote.

Tuesday morning, Dysinger was baking the rich challah bread ("made with a whole mess of yolks," he explained) while chatting about eggs.

"It's what we're known for," Dysinger said. "It's the rocket we're built on."

## Starting with breakfast

From breakfast through dinner, eggs are an indispensable ingredient and tool in the kitchen for both professional chefs and home cooks.

"Eggs are the backbone of so many recipes," Dysinger explained. "They're a thickener, a binder, a leavener; they enrich and they can be the main player, too."

Starting with the first meal of the day, there is Sneakers' famous array of Benedicts served on their own house-baked English

See **CHEFS, 3D**



Eggs Benedict at Sneakers in Winooski on Wednesday.

GLENN RUSSELL, Free Press



MELISSA PASANEN, for the Free Press

Chocolate-cinnamon-rum mousse adapted from chef Josh Krechel of Starry Night Cafe in Ferrisburgh.



KATIE WEBSTER,

courtesy healthyseasonalrecipes.com  
Frittata with asparagus.