

Giant Eagle Online Courses – Jeff Mauro, Mother’s Day Breakfast

- Jeff Mauro: 00:08 Hey guys, Jeff Mauro here in my own kitchen, in my own home, just like you. It is time to come along with me on a journey of peanut butter parfaits and blueberry compotes. That's right. It's time for an episode of Giant Eagle's Online Courses.
- Jeff Mauro: 00:25 Now I'd love to give a special shout out to all those Giant Eagle team members out there working on the front lines every day to provide me my family, my mom, everybody in our world with everyday essentials, making sure we're well fed, taken care of. Thank you, guys. We love you. Keep on doing it, man.
- Jeff Mauro: 00:48 Let's get started, shall we? Super easy to do recipe, in honor of my wife, in honor of Mother's Day. She is a health nut. She loves yogurt. She loves peanut butter. She loves fruits. So, we're going to put them all together, make a super quick and easy peanut butter yogurt parfait with blueberry lemon compote using only pantry pulls and stuff, essentials we have in our in our fridge and staples in our freezer. That's right.
- Jeff Mauro: 01:14 But let's start with the only thing that we just really quickly kinda need to cook, and that is our blueberry lemon compote. What's a compote? Just like broken down fruit. You know, it's the stuff you normally find on the bottom of yogurts. Remember as a kid, you open up that little, packet at the lunch table and you try to avoid all the yogurt and only get the fruit that lays there on the bottom. Well, this is what we're going to mimic, but make layers of it, make it beautiful, great presentation, and celebrate Mother's Day today.
- Jeff Mauro: 01:42 So, let's grab a pot. I got a little water in there and two cups of frozen blueberries. You can use fresh blueberries, you can use raspberries, you can use blackberries, you can use boysenberries, you can use Snozberries, whatever frozen berry you got makes the best compote. Again, you can use the fresh stuff, I prefer frozen, it holds on to so much great moisture that we just love to kinda help extract during this process of simmering it ever so lightly.

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- Jeff Mauro: 02:10 Now for our liquid, we're not just going to use just water, we're going to bump it up with some fruitiness and some acid using some fresh lemon. But whenever I'm using a lemon, I'm always using the zest. For any citrus, if you're going to squeeze some lemon juice in there, whether you're making lemonade or a pan sauce, always bump it up with the little direct fruitiness without that acid and that comes in the form of the beautiful zest on the outside of this lemon. And you always want to zest it before you juice.
- Jeff Mauro: 02:39 So, the zest and juice of one lemon, couple tablespoons of juice in there, about a tablespoon of zest just really bumps up and really compliments that beautiful blueberry flavor.
- Jeff Mauro: 02:53 Yes, son. Can I help you? Yes. I would like to help you cook. Wh, really?
- Lorenzo Mauro: 02:58 Yes.
- Jeff Mauro: 02:58 All right.
- Lorenzo Mauro: 03:00 I'm not done, but I want to help.
- Jeff Mauro: 03:00 You're not done with school?
- Lorenzo Mauro: 03:01 No.
- Jeff Mauro: 03:01 Got to get to school. You go do school. And he's in his PJ's, I don't know if those are regulation kitchen pajamas.
- Lorenzo Mauro: 03:08 I don't care.
- Jeff Mauro: 03:08 I'll call you in a minute.
- Jeff Mauro: 03:11 These times, right?
- Jeff Mauro: 03:12 And just squeeze over. Don't make a mess. You don't have to start pulling out every gadget you have in the kitchen. Just use your hand, catch those seeds. Right?

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- Jeff Mauro: 03:20 But that's the beautiful part of this is that, I mean, never before this would he like, well he's, he, we cook a lot in this house. So maybe he would, but I know a ton of kids out there that are just so in the kitchen so much that they just want to take part, creating beautiful recipes and food, whether it's lunch or breakfast or dinner. They're just so into it and he's always there. He's always here. They're always here. You can't get rid of them. There's no more sleepovers there no more, you know, nights out with Nonny and Poppy going to a movie and out to dinner, so me and my wife can go out for a steak.
- Jeff Mauro: 03:59 I'm okay, but this is awesome. I'm enjoying every minute of it, if not every minute, every 42 seconds.
- Jeff Mauro: 04:06 Couple squeezes of, just honey, just to help bump up the sweetness a little bit. Not a lot. I don't want this super high calorie, sugary, but that's all you need: the zest, the juice, the honey and those frozen blueberries and just a touch of water to help break it down. And we are gonna literally simmer this pretty hard for about 10 minutes and then let it cool completely and as it cools it thickens up beautifully into the spoonable, just luxurious compote we love.
- Jeff Mauro: 04:37 Let's get to the yogurt cause that's why we're here at the party is for some Greek yogurt. Now Greek has a higher protein content so it's better for you. I love the tang; I love the texture. Couple of cups of that yogurt depending on how many people you're feeding. I'd say about a cup per person and then about two tablespoons of creamy peanut butter. You could substitute any nut butter you want, almond butter, cashew butter. I love peanut butter cause it's always in the house. It is a staple. Creamy peanut butter. Get nutty, get crazy, get naughty and use the chunky stuff. We got the creamy in the house, so that's what we're using. We got the 1% Greek yogurt in the house, that's what you're using.
- Jeff Mauro: 05:22 Listen, the world is your oyster now. This is an easy to do recipe that you can kind of substitute at will, but all we're looking with is just, that it looks like frosting, doesn't it? We've whipped some air to that just using a rubber spatula and just kind of created a little more texture, a little more lightness and incorporated all that beautiful peanut butter flavor. It gives it a little sweetness. Nothing else needed, right? We are going to introduce some sweetness from the fruit.

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- Jeff Mauro: 05:50 Let's check this out. You can already see how luxurious this is. Let me grab my spoon. Oh, look at that color already. I mean it is already looking like, that is already looking like the best part of a blueberry pie doesn't it?
- Jeff Mauro: 06:08 And listen, this compote goes great on any type of ice cream. Okay? This goes great on peanut butter ice cream. Think about it. You can drape it over pie, right? You can make a crumble out of its base. It's going to thicken up nicely. It's just the pure essence of the fruit and I love that blueberry flavor and guess what? I say this all the time. Not enough blue foods. Blue foods are good for you. Where are the blue foods? This is like what we got.
- Jeff Mauro: 06:34 Alright, this is going to simmer for 10 minutes. We're going to let it cool and I'll be right back.
- Jeff Mauro: 06:43 All right, so we got this beautiful blueberry compote with the lemon zest and the fresh lemon juice, a little honey in there. We simmered it for 10 minutes. We let it cool completely. Okay, look at that. And that's that consistency we want.
- Jeff Mauro: 06:58 We're going to, now we're going to create some layer. So, I'm gonna grab a nice clear glass bowl. Whatever you have, you can use a wine glass, you can pipe it into a shot glass for a crowd. But as long as it's clear enough to kind of see through.
- Jeff Mauro: 07:15 Beautiful. So, we're gonna do a layer of that yogurt. Create a nice clear line here. Scrape it up if you want. Now we layer it with that beautiful blueberry compote, just so it's nice and dramatic. Stick to the rim around this, right? Get a little more bang for your buck. So, it looks super defined. When you present this to your, your mom or your wife. It's got definite clear layers and it looks like you put the extra time into it.
- Jeff Mauro: 07:49 Now, some crunchy oat and honey granola. Same thing around the rim, like that, nice pronounced layer. Oh, I love this. I can hear the crunch as it hits the yogurt. Now we're going to do our final layer of that whipped peanut butter yogurt.

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- Jeff Mauro: 08:10 Now a lot of people out there wanting to know, "Hey Jeff Mauro, Sandwich King, what do you call a hoagie, or a sub, or a grinder? Which one do you adhere to?" We're a sub house, eh. But it's whatever you grew up eating. You know what I mean? There's no rhyme or reason and no one is correct and there's a history between each term, but ultimately, it's what you grew up calling it and we grew up calling them subs, Italian subs, turkey subs.
- Jeff Mauro: 08:38 Beautiful. Making this nice, smoothing it out right over that. Oh, this is going to be gorgeous.
- Jeff Mauro: 08:48 Someone else, this is a great question, this is from Jenny in Valencia, Pennsylvania. She wanted to know if I could lose or if I had to lose one sense, what would it be? That's a very difficult question. Nobody's asking that before. It certainly wouldn't be taste. It wouldn't be, you know, smell 'cause those are directly related. Maybe touch. Right? But how would I cook? How would I play guitar? How would I shave? How would I cut my own hair like I did last night? Can you tell? I don't know. That's a hard question, cause obviously I'm relating every answer to whether or not I can eat or cook.
- Jeff Mauro: 09:31 That's awesome.
- Jeff Mauro: 09:32 We've got another question coming in here. What's the best use, what's the best, I get this all the time. This is from Trisha in Westover, West Virginia. What's up West Virginia? What is the best type of bread to use for a sandwich? They wanted to know. Very great question. There's only one answer to that. It's actually, it's a two-part answer. Number one, the best bread to use for a sandwich is fresh bread. Number two, if it's bad bread, if it's par baked bread, if it's bread that's kind of on its last legs. The best bread to use is properly treated bread. Now, what do I mean by that? Usually kissing it with a little butter, a little oil, hitting it on a nice griddle pan, nice flat surface or toasting it under the broiler until it's golden brown to help reinvigorate the bread, give it a beautiful chew again and then give it a nice little textural component with that golden brown crunchy, get on that surface. It is the only way to create a world-class sandwich. Trust me, I'm the Sandwich King.

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- Jeff Mauro: 10:38 Now for our final layer of blueberry compote, right on top. And this is a very dramatic, huge parfait that you can easily split with your loved one, your whole family. But since it is Mother’s Day around these parts, we are going all in and giving it to my beautiful wife who deserves it, who is in the basement working out right now. And she will be very pleased to know that I, A. Have not made a giant mess, as you can see, 'cause I just used pantry ingredients, you know and 2. I'm thinking about her needs and she loves the healthy stuff. So, we're going to give it another little round of crunchy granola on top.
- Jeff Mauro: 11:24 Oh yes. And then we're going to garnish it with her favorite berry on the planet. I know we already used the blueberries, but some fresh raspberries give it a nice pop of red color, right? We're plating. We're practicing plating during these times too. It's not just about what you cook, it's how you present it. Since we do have a little extra time and we are so kind of obsessed with the meal planning and getting inspiration online and everything for our new recipes, take a little extra time, focus on the plating, right? Look at some of your favorite accounts online and see which ones you love and just emulate them, right? This way we got this kind of cool look and don't be afraid to swipe the ring of your bowl or your plate to make it a little more refined, if you will. But you could see all those funky, fun, fabulous layers right in there. The blueberry, the crunchies.
- Jeff Mauro: 12:21 And last but not least, one of our favorite family ingredients here. Unsweetened cocoa nibs, alright? It's just like the dried, pulverized, cocoa beans here, that you can put on anything. It gives it a nice little bitter, chocolaty edge without being sweet. Super crunchy, doesn't really lose its crunch at all, and is a great little garnish and super healthy for you. So, we're going to hit that with that, and there you have it.
- Jeff Mauro: 12:56 Can you do me a favor bud? Can you run this to Mommy? I need your help now. This is a family business here. I need your help please. I'm so happy you're still in your PJ's here. This is great. Say hello to everybody.
- Lorenzo Mauro: 13:09 Hello.
- Jeff Mauro: 13:09 This is my son Lorenzo. Does mommy eat a lot of yogurt?
- Lorenzo Mauro: 13:12 Yes.

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- Jeff Mauro: 13:13 Like every day or three times a day?
- Lorenzo Mauro: 13:17 3 times a day.
- Jeff Mauro: 13:17 That is too much yogurt. Don't admit that to everybody, anybody ever again. Please present to her this peanut butter parfait with blueberry lemon compote. Repeat after me, look to the camera and tell the world what it is.
- Lorenzo Mauro: 13:31 Peanut butter parfait gluten can-boat.
- Jeff Mauro: 13:35 So close, close enough. Please do not drop it. We spent so much time. Tell her you love her too and that she's the best mommy ever.
- Jeff Mauro: 13:43 Once again, I am Jeff Mauro. Thank you, guys, for joining me on this episode of Giant Eagle's Online Course. Hope you enjoy the journey of the peanut butter parfait, falling in love with some blueberry compote. Now go make this for your loved ones. Trust me, you'll thank me later.