

EAT NYC



The iconic recipes that feed the city

B.E.C. (Bacon, Egg, & Cheese)

MAKES

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For New Yorkers, bacon, egg, and cheese is the quintessential breakfast sandwich. It's the combo that always hits the spot: simple, reliable, and unsurpassed. It's available at every corner bodega in every part of the city, and any breakfast menu you come across, too. (It's colloquially known as B.E.C.—which you'll hear yelled out in morning breakfast queues.)

There are a few options—scrambled or over-easy eggs, thick-cut or crispy bacon, added hot sauce and ketchup, even bagels in place of the traditional plain or kaiser poppy seed roll. Then there's the cheese, melted onto and rippled through the eggs as they're cooked and folded, and lightly toasted bread, so it's more warm than crisp. Wrap in deli paper sheets, then slice in half to go.



7 oz (200 g) streaky bacon
2 kaiser poppy seed rolls or bagels,
split
1½ oz (40 g) butter
4 eggs
4 slices American cheese
hot sauce and ketchup, for drizzling

Place the bacon slices in a large cold frying pan over medium heat. Fry, pressing occasionally to flatten and crisp the slices, for 4 minutes, or until the fat has rendered and the bacon is starting to crisp. Turn the bacon over and cook for a further 2 minutes, or until crisp. Remove from the pan and cover to keep warm.

Toast one of the rolls in a toaster until lightly toasted (you don't want it crisp). Spread with ⅓ oz (10 g) of the butter. Place the base of the toasted roll on a large sheet of baking paper or foil.

Melt ⅓ oz (10 g) of the remaining butter in a frying pan over medium heat. Crack two eggs into a small bowl, season with salt and pepper and whisk until just combined (you want some egg whites still visible). Cook in the pan for 30 seconds then, using a spatula, pull the egg toward the center and tilt the pan so the egg runs to the empty part of the pan. Keep repeating until the egg is almost set but still a little runny. Top with two cheese slices and cover the pan with a lid. Cook for 30 seconds to melt the cheese slightly, then top with half the bacon. Fold over the egg so the bacon is in the middle—then fold in half again, if you can, so it's roughly the size of the roll.

Using the spatula, slide the mixture onto the buttered roll base. Drizzle with hot sauce and ketchup to taste, then sandwich with the roll top. Wrap in the paper or foil and stand for at least 3 minutes, for the steam to soften the bread and the cheese to melt.

Repeat with the remaining ingredients to make a second sandwich. Cut the sandwiches in half and serve.



Manhattan clam chowder

SERVES

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Inlets around New York have been clamming spots for centuries, which is where the city's love for the chewy briny mollusc can be traced back to. Two styles of clam chowder eventually took root: New England and Manhattan, the former white from a milk or cream base, and the latter red from tomatoes.

Believed to be the influence of Italian migrants on the city's cuisine, tomatoes and dried chili flakes bring beautiful acidity, sweetness, and heat to chowder, balancing the natural salinity of clams, while potatoes, which cook in the broth, help thicken the finished dish. Manhattan clam chowder is less common in the city today, but the flavors here make a wonderful case for revival.

Discard the clam shells before serving, if you prefer, and serve with traditional oyster crackers.



¼ cup (60 ml) olive oil
5½ oz (150 g) speck
or bacon, chopped
1 onion, finely chopped
2 carrots, finely chopped
2 celery stalks, finely chopped
4 garlic cloves, thinly sliced
2 teaspoons thyme leaves
¼ teaspoon chili flakes
2 cups (500 ml) dry white wine
2 lb 3 oz (1 kg) clams, rinsed
2 × 14 oz (400 g) tins crushed tomatoes
14 oz (400 g) all-purpose potatoes,
peeled, cut into 1¼ in (3 cm) chunks
1 fresh bay leaf
finely chopped parsley, to serve
traditional oyster crackers,
to serve (optional)

Heat 1 tablespoon of the olive oil in a large saucepan over medium heat. Cook the speck or bacon, stirring, for 8 minutes, or until the meat is golden and the fat has rendered. Remove the speck, leaving the fat in the pan.

Add the remaining olive oil to the pan, along with the onion, carrot, and celery. Season with salt and pepper and cook, stirring, for 6–8 minutes, until soft. Add the garlic, thyme, and chili flakes and stir for another 1 minute, until fragrant.

Pour in the wine and 1 cup (250 ml) of water and bring to a simmer over medium–high heat. Add the clams, cover and cook for 5 minutes, or until the shells have opened. Using a slotted spoon, remove the clams and set aside in a bowl, discarding any unopened shells.

Add the tomatoes, potato, and bay leaf to the broth, season with salt and pepper and bring to the boil. Reduce the heat to medium and cook, partially covered, for 15 minutes, or until the potato is tender.

Using a fork, gently mash one-third of the potato to thicken the broth. Stir in the clams and bacon and cook for another 3 minutes, or until warmed through. Season with salt and pepper. Divide the clam chowder among bowls, scatter with parsley, and serve with oyster crackers scattered over the top, if desired.

