

# Primi shakes up breakfast

 By [Lauren Hartzenberg](#)

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The majority of restaurant breakfast menus don't excite me. I blame too many encounters with plates dressed with cheap toast, overdone eggs and two measly rashers of bacon devoid of any noticeable crisp. Even the quintessential breakfast star, Eggs Benedict, has grown a bit tired.

On a recent trip to Primi, however, my faith in what's deemed the most important meal of the day was restored. The Mediterranean-inspired restaurant chain recently relaunched its breakfast menu, with a handful of new additions sure to please even the most jaded of foodies.

## All hail the frittata

In my humble opinion, an item sorely lacking from many breakfast offerings in Cape Town is the frittata. Bizarre really, considering its versatility. But Primi has done the open-style omelette dish justice by offering an interesting selection of them.

In the mood for something spicy I opted for the Chilli Rango version, which is chorizo, bacon and onion sautéed with a touch of chilli, then baked in a herby egg mix and finished off with Napoletana sauce and a sprinkling of red onion and rocket. Rustic, warming and moreish.



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Had the weather resembled more of a summer's day, I would most likely have opted for the Salmon Fraiche frittata, served with a relish made from natural yoghurt which has been fermented for a few days with capers, herbs and olives.

Vegetarians need not fret as the Field Mushroom Frittata or the Frittata Genovese with rosemary potatoes, rosa sauce and parmesan cheese are sure to satisfy.

## Power-packed protein bowls

Primi has also introduced protein bowls to its menu, ideal for those on low-carb, high protein diets.

My partner tried the Salmon Protein Bowl, composed of sautéed spinach, chopped salad, smoked salmon, avocado, herbs, basil oil, a poached egg and a sprinkle of seed mix. This was fresh, flavourful and filling although the yolky goodness from an extra poached egg would have scored it a perfect ten.



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A Crispy Bacon and Avo Bowl and a wheat-free Granola Bowl are also available as options.

## Bountiful brunches

Moving towards more hearty fare, the Rigatoni Forza is a tasty-sounding new 'breakfast pasta' that I'll be returning to try soon. This Primi specialty comprises rigatoni pasta tossed with bacon, chorizo, slow-cooked Napoletana sauce and chilli, with salted and slightly aged ricotta that Primi buys from an accomplished local cheesemaker. This is then topped with two eggs and grated pecorino, and baked in a pizza oven. *Delizioso!*

Another attractive brunch option is the 'Portugese Style' Livers. Lovers of Primi's chicken livers – and there are many – can have them for breakfast paired with bacon, fried egg and sourdough ciabatta.



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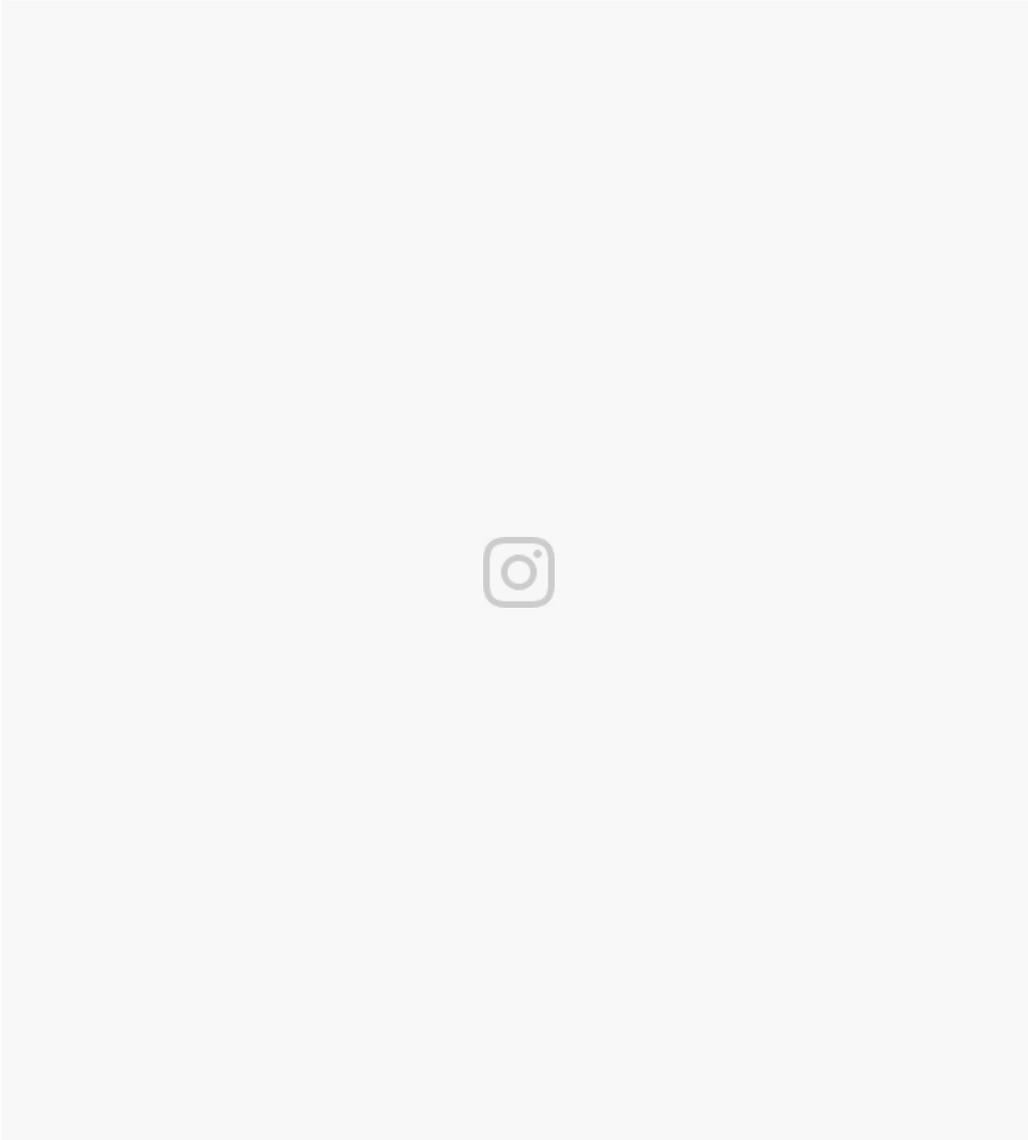
Of course, the restaurant has also made room for the classics: the standard English-style breakfast spread, French toast with a variety of toppings and Eggs Benedict made four ways. All served in generous portions, in true Primi fashion.

These can be washed down with freshly-pressed juices in interesting combinations like apple, cucumber and mint, perhaps with an added shot of ginger for an extra healthy kick. For something more warming, there's a house-blended spiced Masala Chai latte or tea that doesn't hold back on the spice.

## Eighteen years a winner

Since its establishment in 1999, the Primi brand is going strong; but it hasn't done this by resting on its laurels. It recently underwent a revitalising exercise, which included a logo and name change (it dropped the 'Piatti'), a redesign of its restaurants and the introduction of a new menu, in which Chef Natale Schotti has been instrumental.

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PRIMI Canal Walk, Cape Town, showing off its beautifully designed aesthetics. Now open for the best Afritalian inspired food experience. #New #store #open #experience #hapiness #fun #joy #food #friends #family #welcome #love #foodbeast #foodie #

*A post shared by PRIMI (@primiworld) on Jul 19, 2017 at 6:24am PDT*

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At the helm of Primi's recipe development for the last year, Schotti draws influence from the whole of the Mediterranean and the Middle East, brought forward in her use of fresh herbs, citrus highlights and gentle spices, and preparation traditions like fermentation, which adds both flavour and nutritional value.

Schotti is firm about cooking without any preservatives and making everything from scratch in house. She's introduced two age-old condiments into the Primi kitchens.

The first is a simple green salt - natural rock salt ground with celery and slow-dried herbs which is used judiciously in every Primi dish. The second is toum - a condiment common to the Levant made from fresh garlic ground down with lemon juice, salt and oil.

It's this old-world approach to cooking coupled with the restaurant's willingness to adapt and innovate in line with the needs of South African diners that stands the brand in good stead.

Check out Primi's full new menu [online](#) and connect with the brand on [Facebook](#), [Twitter](#) and [Instagram](#).

## ABOUT LAUREN HARTZENBERG

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