

*A Provocative Question at the Dinner Table with*

# MIKE FITTS

PRESIDENT, TULANE UNIVERSITY

"I love breakfast," President Mike Fitts said. For him, this meal ushers in a new day and all that it brings, so having a **Traditional Breakfast** as a last meal would signify the beginning of a new period. The meal would start with his favorite ingredient, fresh squeezed orange juice. "I grew up with canned juice," he said, so his first sip of fresh squeezed was a completely transformative taste experience, and one that he enjoys throughout his day. While his recipe includes scrambled eggs (first beating the eggs then adding the milk provides a rich texture), he also really enjoys eggs Benedict. But nothing can replace true Philadelphia cream cheese on a fresh bagel, according to the Philadelphia native. Following this satisfying meal, President Fitts would be ready to take on whatever comes next.



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Michael A. Fitts, J.D., is the 15th president of Tulane University. He also holds the position of Judge René H. Himel Professor of Law at the Tulane Law School.





Photos by Kenny Morrison

## INGREDIENTS

### Orange Juice

3 oranges

### Breakfast Sausage

1 pound ground pork  
 ¼ pound fatback, diced  
 Kosher salt, to taste  
 Black pepper, freshly ground, to taste  
 Sage, to taste  
 Thyme, to taste  
 Rosemary, to taste  
 Brown sugar, to taste  
 Ground nutmeg, to taste  
 Cayenne pepper, to taste

### Home Fries

3 medium Russet potatoes, roughly peeled  
 3 tablespoons butter  
 Large cast-iron skillet  
 Salt, to taste  
 Black pepper, freshly ground, to taste

### Scrambled Eggs

2 large eggs  
 2 tablespoons milk  
 Olive oil  
 Salt and pepper, to taste

### Bagel with Cream Cheese

1 bagel, \* sliced  
 Philadelphia cream cheese, to taste

\*Bagel is preferably from Chestnut Street Philly Bagels in Philadelphia—but Humble Bagel is a great local choice

*"I grew up with canned juice.  
 Once you've moved up the mountain,  
 you can't go back." – MIKE FITTS*

## TRADITIONAL BREAKFAST

### Orange Juice

Roll 3 oranges with your hand on a flat surface until tender.

Squeeze with a hand juicer and strain, then chill.

Serve in a tall glass once chilled.

### Breakfast Sausage

In a bowl, combine pork and fatback with kosher salt, freshly ground black pepper, sage, thyme, rosemary, brown sugar, nutmeg, and cayenne pepper.

Form into 1-inch rounds, then flatten.

Heat pan over medium low and sauté sausage rounds until golden brown and cooked through, approximately 10 minutes, or until done.

### Home Fries

Cube the potatoes and rinse with cold water.

Melt the butter in a large cast iron skillet over medium heat.

Add potatoes and season with salt and pepper.

Cover and cook for 10 minutes before removing the lid and cooking for another 10 minutes, turning frequently until brown and crisp on all sides.

### Scrambled Eggs

Beat the eggs in a bowl.

Then add milk to eggs; beat until well mixed.

Coat a non-stick skillet with olive oil, heat over medium, and pour egg mixture into the hot skillet.

Cook and stir for 3 minutes or until eggs are almost set (try not to overcook your eggs!).

Allow eggs to finish setting on the plate.

Add salt and pepper to your taste.

### Bagel with Cream Cheese

Toast bagel till golden.

Add Philadelphia Cream Cheese to taste (no substitutes, here!)—I prefer a thick schmear.



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