



# Let them eat Breakfast!

MAXIMALIST DESIGN AND A PERIOD-INSPIRED MENU SET  
THE STAGE FOR A BREAKFAST FIT FOR ROYALTY

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PASTRY CHEF ETIENNE LE BASTARD PREPARED TRADITIONAL FRENCH DESSERTS FOR THE MARIE ANTOINETTE-THEMED BREAKFAST. THE CROQUEMBOUCHE (ABOVE) FEATURES PASTRY PUFFS BOUND BY A CARAMEL DRIZZLE AND DECORATED WITH SUGAR AND GOLD LEAF. THE ELEGANT ST. HONORÉ CAKE (BELOW) CONSISTS OF A RING OF CARAMEL-GLAZED CHOUX SITTING ATOP PUFF PASTRY AND LAYERED WITH THE MOST DECADENT PASTRY CREAM.



Nutritionist and author Adelle Davis famously said, “Eat breakfast like a king, lunch like a prince, and dinner like a pauper.”

In Palm Beach, where the bar on parties is constantly raised, that is advice to take to heart. After all, breakfast is as good a time as any to celebrate.

For a “royal” breakfast to celebrate *Palm Beach Illustrated’s* April issue and its cover star, Daphne Oz, we turned to Le Bilboquet, the expert on all things French. We asked: What would Queen Marie Antoinette serve at her breakfast table? Executive pastry chef Etienne Le Bastard answered with an over-the-top menu of pastries traditionally served in





CLOCKWISE FROM LEFT: A BACCARAT CRYSTAL PASTRY STAND AND THREE-TIER PLATE STAND BY ERCUIS (BOTH AVAILABLE AT MARY MAHONEY, PALM BEACH) PRESENT (FROM TOP) *RÉLIGIEUSE*, MILLEFEUILLE, GÂTEAU ST. HONORÉ, AND MERINGUE ROSES; AN ERCUIS PETIT FOUR STAND (AVAILABLE AT MARY MAHONEY) HOLDS MACARONS IN RASPBERRY, ROSE LYCHEE, LAVENDER, AND BLACK CURRANT FLAVORS; DESIGNER JACKIE ARMOUR LAYERED THE TABLES WITH CANDY DISHES, FLOWERS, AND PASTEL-COLORED GLASSWARE, AS WELL AS CHEEKY TOUCHES LIKE A “RING FOR CHAMPAGNE” BUTTON.



France’s royal courts of the eighteenth and nineteenth centuries. For example, the croquembouche was invented in eighteenth-century France by chef-to-royalty Marie-Antoine Carême. And the earliest form of *réligieuse* (so named because it looks like a nun in habit, though we’d argue that eating one is a religious experience) was concocted by the chef of Catherine de’ Medici—and presumably served to the queen.

A royal table relies on more than food for its wow factor. Glitz, glamour, and a touch of decadence are also key ingredients—we do, after all, feast with our eyes first. For this table, interior designer Jackie Armour of Jupiter-based JMA Interior Design imagined a richly textured mise en scène layered with luxe fabrics, tiered cake stands, multi-pattern china, and an abundance of flowers and feathers. For some cheeky fun, a “Ring for Champagne” button ensured coupes were always filled with rosé Champagne. Doesn’t every queen worth her tiara have one? ◀◀



CLOCKWISE FROM ABOVE: FOR THE CENTERPIECES, CREATIVE FLORALS TEQUESTA DREW INSPIRATION FROM THE FUCHSIA AND PLUM COLOR PALETTE AND PERIOD REFERENCES LIKE FEATHERS; WILLIAM YEOWARD’S CRYSTAL BUTTERFLY HOUSE (AVAILABLE AT MARY MAHONEY) HOUSES RASPBERRY MERINGUES; ARMOUR AND HER TEAM SET THE TABLE WITH A CUSTOM TABLE-CLOTH MADE OF CALDWELL PATCHWORK CHINTZ FABRIC BY SCHUMACHER, FAMILLE ROSE CHINA BY WILLIAMS SONOMA, AND BACCARAT CRYSTAL BUTTERFLIES (AVAILABLE AT MARY MAHONEY); LEGEND HAS IT THAT MARIE ANTOINETTE WAS REFERRING TO BRIOCHE (LE BASTARD’S VERSION IS STUFFED WITH PRALINES) WHEN SHE FAMOUSLY SAID “LET THEM EAT CAKE.”