

Breakfast Menu

Last Updated Friday, 17 August 2018 13:19



Eggs – poached, sunny-side-up, boiled, scramble, or omelet?

Bread – white, brown, baguette, bagel, croissant?

Cereal – All Bran, Cornflakes, Special K, Nutrifik, Weet Bix, Frosties?

Fruit – banana, apple, papaya, orange, melon, strawberries, kiwi?

Juice – orange, mango, apple, berry?

Breakfast menus vary from household to household, but regardless of our tastes and preferences, there is one day of the year when each and every household should eat the same breakfast – the day of ‘Eidul Adhaa. On this day, the very first food that we eat (breakfast) should be the meat of the qurbaani animal.

Buraidah (radhiallahu ‘anhu) reports that on the occasion of ‘Eidul Fitr, Rasulullah (sallallahu ‘alaihi wasallam) would not leave for the ‘eid salaah until he consumed something. However, on the occasion of ‘Eidul Adhaa, Rasulullah (sallallahu ‘alaihi wasallam) would **not** consume anything until he returned from the ‘Eid Salaah.

Thereafter, the (first) thing that he consumed was the meat of the sacrificial animal.

(Musnad Ahmad #22984) In one narration it is reported that

the first thing which Rasulullah (sallallahu ‘alaihi wasallam) consumed was the liver of the sacrificial animal.

(As Sunanul Kubraa - Bayhaqi #6161)

It is extremely important and emphasized that we all eat the meat of the qurbaani animal. For more on this importance, click [here](#) . However, we should not wait for lunch or supper to enjoy the qurbaani meat.

Rather, it was the sunnah of Rasulallah (sallallahu 'alaihi wasallam) to ensure that the very first thing which he consumed on the day of 'Eid was the meat or liver of the qurbaani animal.

Click

[here](#)

for the Crispy Kaleji (Liver) recipe.

We should all strive to bring this blessed sunnah alive by delaying our breakfast on the day of 'Eid, waiting for the meat or liver to be prepared and served as breakfast.

May Allah Ta'ala bless us all with the true love of the sunnah.