

BREAKFAST

BAKING POWDER BISCUITS

Marie Depew

2 c. flour
1 Tbsp. baking powder
1 tsp. salt
6 Tbsp. butter or margarine
2/3 c. milk or buttermilk

Mix together flour, baking powder, and salt. Cut in butter. Add milk until medium stiff dough is formed. Knead lightly. Roll to 3/4" thickness. Cut with 3" biscuit cutter. Bake on ungreased baking sheet for 10–12 minutes at 450°. CHEDDAR BISCUITS: Add grated sharp cheddar and garlic powder to taste.

BREAKFAST PIE

1 lb. ground pork sausage or diced bacon
1 onion, chopped
1 c. grated cheese
3 green onions, sliced
1/2 c. biscuit mix
1 c. milk
2 eggs (beaten)

Brown sausage & onions, drain well and place in greased 9" pie pan. Sprinkle cheese and green onions on top. Mix beaten eggs, milk & biscuit mix and pour over top of other ingredients. Bake in preheated oven at 400° for approx. 25 minutes or until knife inserted comes out clean. Will be slightly golden brown on top. For quicker morning prep, brown sausage & onion the night before, place in pan (refrigerate), and have cheese grated to speed things up.

BREAKFAST CRUMB CAKE

AEBLESKIVERS

Sherrie Apperson

I use regular pancake batter or Bisquick. Heat aebleskiver pan; put 1 tsp. oil or butter in each hole and fill with batter (or leave a little space and add a boysenberry, blackberry, raspberry, 3-4 blueberries, or 1 tsp. fresh peaches or apples diced small). Let bake until slightly crusty on bottom. Turn 1/4 turn with a bamboo skewer (or knitting needle). Continue cooking, turning another 1/4 turn to complete the ball; continue cooking & turning to avoid burning until the skewer comes out clean when stuck in the center. Sprinkle with powdered sugar. Serve with fruit jam or warm fruit sauce.

BACON FOR TWO – QUICK & EASY – NO MESS

2–3 slices bacon, cut in half
2 paper towels
1 paper plate

Place a folded paper towel on paper plate; put 4 pieces of bacon on towel (for bacon corkscrews, give each piece of bacon 3–4 twists), cover with paper towel folded in half; microwave on full power for 3 minutes (thin bacon), or 4 minutes (thicker bacon). Remove bacon and throw plate, towel and grease away. (Use the “shiny”, plastic-coated paper plates, not the cheapest ones.)

BACON GRAVY ON BISCUITS

Grandma Deon

1/2 pound bacon
4 Tbsp. flour
3 c. milk
salt and pepper to taste

Brown bacon and drain off all but 4 Tbsp. drippings. Stir flour in to drippings, continue to stir and cook over medium heat 1-2 minutes. While whisking briskly, add milk gradually; keep stirring until smooth. Continue to stir and cook until gravy is hot and bubbly and thickened; remove from heat. Add salt and pepper to taste. Serve gravy on biscuits with eggs-over-medium or scrambled, and bacon (or crumble bacon into gravy).

COUNTRY SAUSAGE GRAVY: Follow recipe above, but use country or sage bulk sausage. Brown sausage and drain off all but 4 Tbsp. drippings. If drippings do not equal 3 Tbsp., add a little butter to make up the difference.

CORNED BEEF HASH

Sherrie Apperson

4 large russet potatoes (or 8 reds) 1 + 1/2 c. corned beef, coarsely chopped
1 onion, quartered, sliced (leftover, deli, or 1 can)

Scrub or peel potatoes (don't peel red potatoes), cut into asymmetrical bite-size pieces by cutting corners off potatoes. Brown with onions in oil & butter. Add corned beef to heat through. Season to taste with salt & freshly ground pepper.

DUTCH BAKED EGGS

1 lb. potatoes, boiled and sliced 1/4" thick 1/4 tsp. mustard
6 hard-boiled eggs 1/2 c. diced ham
1 tsp. chopped chives 1 c. sour cream
1 tsp. chopped parsley 1/4 c. grated cheese

Layer sliced potatoes in bottom of greased baking dish. Chop eggs and add chives, parsley, seasonings, and sour cream. Pour over potatoes, sprinkle with grated cheese. Bake in a hot oven (400°–450°) for 10 minutes or until cheese melts and browns.

EGGS A LA GOLDENROD

Julie Wright*

2–3 c. white sauce made with chicken broth and milk 1 c. shredded cheese (opt.)
4–5 hard-boiled eggs, sliced

Gently fold sliced eggs into hot white (or cheese) sauce until eggs are heated through. Serve over toast.

EGG IN A BASKET (One-Eyed Gypsy . . .*)

Traditional

bread egg butter

Lay a regular slice of bread on a hard cutting surface; using a 3" round biscuit cutter or a glass, press hard into center of bread and twist to remove center (don't tear outside edges of bread). Melt butter on a medium-hot griddle, and put bread (& bread center) on it. Crack an egg into the center hole, trying not to break the yolk; salt and pepper the egg to taste. Cook until golden-brown on both sides. (*Also called; egg in a nest, egg in a hat, egg in a hole, toad in the hole, bullseye, picture frame egg, wagon wheel . . .)

FRENCH TOAST

Sharon Rich

2 eggs, beaten pinch of salt
3–4 Tbsp. milk or evaporated milk sliced french or sandwich bread,
1/4 tsp. cinnamon (slightly old or dried out)
1/8 tsp. nutmeg butter

In a pie pan, beat eggs and milk together until well mixed. Beat in remaining ingredients. Dip bread into egg mixture on each side. Cook on a buttered skillet over medium-high heat until golden brown on each side. Serve with syrup or sprinkled with powdered sugar. Makes 4–6 slices

PEACHES & CREAM FRENCH TOAST:

Sherrie Apperson

2 eggs, beaten pinch of salt
3 Tbsp. half & half 4 slices thick french bread
2 Tbsp. peach jam butter

After dipping each slice of bread on each side, let bread soak overnight in covered glass pie pan (or 9x9). Cool over medium heat until cooked through. Serve with peach butter (50:50 softened butter & peach jam, whipped).

FRENCH TOAST SYRUP

Debbie Apperson

1 stick butter 1 tsp. baking soda
3/4 c. buttermilk 1 tsp. vanilla
1/2 c. sugar

In a large saucepan, bring butter, buttermilk, and sugar to a boil. Add baking soda and vanilla (the baking soda will cause the syrup to bubble up). Stir gently and serve over french toast.

HARD-BOILED EGGS

1. Place eggs in a saucepan with enough COLD tap water to cover completely by 1 inch. Bring to a ROLLING boil over HIGH heat. Once the water is brought to a rolling boil, PROMPTLY reduce heat to a lower medium boil and cook an additional 10 minutes for a “hard boiled” egg. For a “soft boiled” egg, reduce the time by a few minutes.

2. Remove from heat and IMMEDIATELY place eggs under ice cold water or in a bowl of ICED water to chill promptly to help yolks stay bright yellow. Chill for a few minutes in the cold water until the egg is completely cooled. This is an extremely important step which prevents the greenish “ring” from forming on the surface of the yolk over time. If the egg is not chilled immediately after cooking an unsightly dark greenish ring will eventually appear on the outside of the yolk.

3. Refrigeration is necessary for hard boiled eggs if they eggs are not to be consumed within a few hours. Refrigerated boiled eggs, kept in the shell, can be kept for up to 1 week.

TIPS:

If an egg cracks, add 2 Tbsp. Vinegar to the water to help stop the leak.

Extremely fresh eggs will not peel easily. In fact, an egg that is just a day or two old is almost impossible to peel. As eggs age, the shells will peel more easily. It is advisable that eggs used for hard cooking (including Easter Eggs) be at least 2 weeks old before cooking for easiest peeling.

Hard cooked eggs that are cooked slowly over low heat (and not ‘boiled’) will be more difficult to peel.

HEARTY COUNTRY SKILLET BREAKFAST

Sherrie Apperson*

2 Tbsp. each, oil & butter	salt, pepper & garlic powder to taste
4 medium red potatoes	1/2 c. shredded cheese
1/2 onion, quartered, sliced	1/2 green bell pepper, diced (opt.)
8 pre-cooked sausage links, sliced	8 eggs
1 c. frozen petite white corn (C&W)	picante sauce

Cut potatoes into asymmetrical bite-size pieces by cutting corners off potatoes. Brown with onions and bell peppers in oil & butter. Stirring often, add sliced sausages and corn about 3 minutes before potatoes & onions are cooked all the way through. Season and top with cheese. Top each serving with two eggs cooked medium-well (or to each person’s preference). Serve with picante sauce. Serves 4.

OMELETTES

John Apperson

GRANOLA

Ron Jones

6 c. old fashioned oats	1/3 c. honey
1/2 c. brown sugar	2 tsp. coconut extract
2/3 c. wheat germ	1 tsp. almond extract
1 c. flaked coconut	
1 c. slivered almonds	
1/2 c. oil	

OPTIONAL INGREDIENTS:

1 c. raisins or other dried fruit

Heat oats in 9 x 13" pan at 350° for 10 minutes. Add to oats brown sugar, wheat germ, coconut, and almonds and mix well. Stir together oil, honey, and extracts until well blended, pour over oat mixture, mix well coating all of mixture. Bake at 325° for 20 minutes, stirring well after 10 minutes. Cool and store in airtight container.

PANCAKES

John Apperson

1 + 1/4 cups all-purpose flour	1 + 1/4 cups buttermilk (or milk)
1/4 cup granulated sugar	1/4 cup cooking oil
1 heaping tsp. baking powder	1 egg
1 tsp. baking soda	pinch of salt

Stir dry ingredients together in mixing bowl. Mix in wet ingredients, adding milk until desired consistency (thicker batter for fluffy pancakes, thin batter for thin, crispy pancakes). Cook on griddle with cooking spray or butter. Makes 8 to 10 medium pancakes.

CHRISTMAS TWO-BIT PANCAKES: Make batter quite thin; pour into squeeze bottle with small-tip opening. Use about 1–2 tsp. of batter at a time to make pancakes the size of a quarter. – John

POPOVERS

2 eggs, room temperature	1/2 tsp. salt
1 c. milk (microwave for 20 seconds)	1 tsp. melted butter
1 c. flour	

Break eggs into a bowl. Add milk, flour, salt, and butter. Whisk together, but leave a few small lumps. Fill well greased muffin tins 3/4 full. Place in cold oven, turn on at 450°. Bake for 30 minutes (No peeking! – Don't open oven door until done.) Makes 12 popovers.

QUICHE

Sherrie Apperson

1 lb. bacon, diced & cooked	1 c. fresh mushrooms, sliced
2 medium potatoes, peeled	1 small can diced green chiles
4 eggs	1 green onions, sliced
2 c. cream	1 tsp. salt
1 lb. mozzarella &/or fontina cheese, shredded	1/4 tsp. pepper

Cook bacon and press out grease with paper towels; set aside. Grease deep 10" pie pan with bacon grease. Shred potatoes and lightly press into bottom & sides of pie pan; brush with more bacon grease. Bake potatoes at 400° until golden brown. While the potatoes are baking, beat eggs and add cream until well blended. Add all other ingredients. Pour egg mixture over browned potatoes and bake at 350° for about 1 hour, or until knife comes out clean.

SAUSAGE STRATA

8 slices bread	1/4 tsp. paprika
1 lb. cheese (sharp cheddar, grated)	1/2 tsp. dry mustard
1 lb. hot sausage, cooked, drained & crumbled	1/2 tsp. worcestershire sauce
4 eggs	1 tsp. salt
2-2 + 1/2 c. light cream	1/8 tsp. white pepper
1 1/4 tpsps brown sugar	1/8 tsp. cayenne pepper
1 green onion, minced	asparagus (opt.)
	mushrooms (opt.)

Trim crusts from bread, slice each piece in fourths. Butter a 9"x13" glass casserole dish. Layer in order; half of bread, cheese and sausage; repeat. Blend eggs, cream, brown sugar, onions and seasonings. Add more cream if needed. Pour over layers, cover with foil and refrigerate up to 24 hours. Remove and let stand 2 hours to bring to room temperature. Place baking dish in shallow pan with 1/2-inch water added. Bake uncovered 30 minutes at 350°. Let stand 10 minutes before serving.

SCOTCH EGGS

Sherrie Apperson

8 hard-boiled eggs	1 Tbsp. milk
1 lb. bulk sausage meat	seasoned flour
2 eggs, beaten	dry bread crumbs

Shell and dry the hard-boiled eggs. Divide sausage into eight portions and mold a portion neatly around each egg. Mix beaten eggs with milk. Roll coated eggs in seasoned flour, then in eggs and milk, then bread crumbs. Press crumbs on firmly. Place in shallow baking pan and bake at 450° for 10 minutes. Drain fat, return to oven, and reduce temperature to 350°. Bake for 25 minutes more or until sausage is completely cooked. Hold with a meat fork and partially slice into fourths; fan out on plate. (Karen & I served this at a Relief Society brunch with "Peaches & Cream" french toast and cubed fresh fruit. Everybody loved it.)

SWEDISH PANCAKES

3 eggs	1/2 c. cream
1 c. milk	2 Tbsp. melted butter (NOT margarine)
1 1/2 c. sifted flour	Lingonberry butter
1 Tbsp. sugar	Lingonberry sauce
1/2 tsp. salt	

Beat eggs until very light and airy. Add half the milk and fold in the flour sifted with sugar and salt. Add cream, butter, and remaining milk (batter should be fairly thin). Bake large, thin 6" cakes in butter on pre-heated medium hot cast iron griddle until lightly golden brown on both sides. Fold into quarters to serve. Top with Lingonberry butter (50:50, soft butter & lingonberry sauce, whipped) and Lingonberry sauce. Sprinkle with confectioners' sugar.