

# 101 THINGS TO DO WITH EGGS



Recipes for nature's clever protein package—breakfasts, lunches, snacks, dinners, and desserts your family will love.

**Coffee Cup Scramble**  
**Eggcellent Omelet**  
**Eggs in a Nest**  
**French Bread Custard**  
**Vanilla Cremeux**  
**And More!**

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Cookbook

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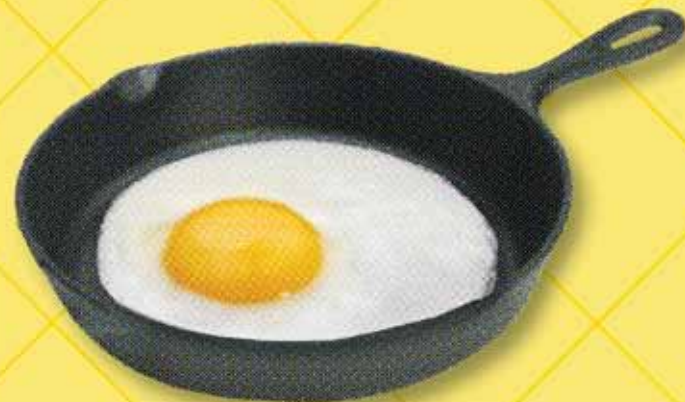
101 THINGS TO DO WITH EGGS

PATRICK



# 101 Things<sup>®</sup> To Do With Eggs

BY  
TONI  
PATRICK



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## SOUTHERN-STYLE BREAKFAST CUPS

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3 **small flour tortillas**, cut in half  
12 **eggs**  
1 1/2 cups **grated cheddar cheese**  
6 strips **bacon**, cooked and crumbled  
**cilantro**, to taste  
6 tablespoons **sour cream**  
6 tablespoons **salsa**

Preheat oven to 375 degrees. Prepare 6 small souffle dishes generously with nonstick cooking spray.

Place half a tortilla in each dish with flat edge down and wrapped around inside edge of dish to make a bottomless crust. Break 2 eggs in each cup. Evenly distribute cheese between each cup and top with bacon and sprinkle with cilantro.

Bake for 30 minutes or until eggs are done, cheese is melted, and tortilla is slightly brown. Gently remove from dishes and place on serving plates. Top with 1 tablespoon each of sour cream and salsa. Makes 6 servings.

## BISCUIT QUICHES

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2/3 cup **grated Swiss cheese**  
1/3 cup **finely chopped thin lunchmeat ham**  
1/4 cup **finely chopped green onions**  
3 **eggs**  
2 tablespoons **milk**  
1/4 teaspoon **salt**  
1/8 teaspoon **pepper**  
1 can (12 ounces, 10 count) **refrigerated flaky biscuits**

Preheat oven to 350 degrees and prepare a 12-cup muffin pan generously with nonstick cooking spray\*.

Combine cheese, ham, and onions in small bowl. In a separate bowl, beat eggs, milk, salt, and pepper until well mixed.

Separate biscuits and form each into 5-inch rounds. Place 1 in each of 10 muffin cups, pressing up and over sides to form the crust. Evenly distribute cheese mixture between the cups and top each with egg mixture, distributed evenly. Bake 20–25 minutes or until eggs have set and biscuits are golden brown. Gently remove from pan and place on serving plates. Makes 10 servings.

\*Tip: Fill the empty cups half full with water before baking. This will prevent damage to your pans.

## SPINACH AND ASIAGO QUICHE

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- 4 **eggs**, divided
- 2 cups **frozen shredded hash brown potatoes**, thawed
- 1/4 cup **grated Asiago cheese**
- 1/4 cup **frozen chopped spinach**, thawed
- 1 tablespoon **chopped chives**
- 1 strip **bacon**, cooked and crumbled
- 1/3 cup **grated Colby Jack cheese**
- salt and pepper**, to taste

Preheat oven to 350 degrees. Prepare a 12-cup muffin pan with nonstick cooking spray.\*

Mix one egg, hash browns, and Asiago cheese in a bowl. Divide mixture evenly between 8 muffin cups. Press mixture evenly on bottom and sides of cups. Bake until hash browns are lightly browned, about 7 minutes.

In a medium bowl, beat remaining eggs. Add spinach, chives, bacon, Colby Jack cheese, salt, and pepper; toss to mix. Put 2 tablespoons of the egg mixture into the center of each cup. Return to oven for 15 minutes or until a toothpick inserted in the center comes out clean. Makes 8 servings.

\*Tip: Fill the empty cups half full with water before baking. This will prevent damage to your pan.

## SALMON QUICHE

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- 1 (9-inch) **refrigerated piecrust**
- 1 pound **salmon**, cooked and flaked
- 2 cups **chopped asparagus**
- 1 1/2 cups **grated Swiss cheese**
- 6 **eggs**
- 1/2 cup **milk**
- 1 teaspoon **dill**
- salt and pepper**, to taste

Preheat oven to 400 degrees.

Place the pie crust in a 9-inch glass pie pan. In layers, add the salmon, asparagus, and cheese.

In a medium bowl, beat the eggs and combine with milk, dill, salt, and pepper. Pour the egg mixture over the cheese and bake for 40–45 minutes or until a knife inserted in the center comes out clean. Makes 8 servings.

# HOT CHOCOLATE SOUFFLE

1/2 cup	<b>sugar</b> , divided
1/3 cup	<b>unsweetened cocoa powder</b>
1/4 cup	<b>flour</b>
1/8 teaspoon	<b>salt</b>
1 cup	<b>milk</b>
1/2 teaspoon	<b>vanilla</b>
4	<b>eggs</b> , room temperature and separated
1/2 teaspoon	<b>cream of tartar</b>

Preheat oven to 350 degrees.

Mix 1/4 cup sugar, cocoa powder, flour, and salt in medium saucepan; gradually whisk in milk until smooth. Cook over medium heat, stirring constantly, until mixture thickens and boils. Stir in vanilla. Remove from heat.

Beat egg whites and cream of tartar in mixer bowl with whisk attachment on high speed until foamy. Beating constantly, add remaining sugar, 2 tablespoons at a time, beating after each addition until sugar is dissolved.\* Continue beating until whites are glossy and stand in soft peaks.

Stir egg yolks into cocoa mixture until blended. Gently but thoroughly fold yolk mixture into whites until no streaks of white remain. Carefully pour into an ungreased 2-quart souffle dish.

Bake until souffle is puffy, delicately browned, and shakes slightly when oven rack is moved gently back and forth, 30–40 minutes. Serve immediately. Makes 6 servings.

\*Rub a bit of mixture between thumb and forefinger; it should feel completely smooth.

# CLASSIC FLAN

1/2 cup	<b>sugar</b>
1 can (14 ounces)	<b>sweetened condensed milk</b>
1 can (12 ounces)	<b>evaporated milk</b>
6	<b>eggs</b>
1/2 teaspoon	<b>vanilla</b>
	<b>hot water</b>

Preheat oven to 350 degrees.

Place sugar in small heavy saucepan. Heat over medium heat, watching carefully, until sugar is melted and turns deep golden brown. Immediately remove from heat and pour into a 9-inch flan dish or pie plate. Holding dish with potholders, quickly tilt dish to coat bottom completely and evenly. Syrup will harden quickly.

Combine milks in medium saucepan; heat until very hot. Milk should be steaming but not bubbling. Meanwhile beat eggs and vanilla in medium bowl until blended but not foamy; slowly stir in hot milk.

Place flan dish in baking pan large enough to hold dish without touching sides of pan. Pour egg mixture into flan dish.

Place pan on rack in center oven; pour very hot water into baking pan to within 1/2 inch of top of flan dish. Bake until knife inserted near center comes out clean, 35–40 minutes. Remove dish from water at once; cool on wire rack. Makes 6–8 servings.