



Introduction

Cooking is more than just preparing food. It is an art. It requires the right tools, the best of ingredients and a sensitivity to time and temperature to get that dish "just right." A great dish not only tastes good but is inviting on the plate, tempting you with color and texture artfully arranged.

This is not as much a book of recipes as a book of ideas. Many recipes will not include specific amounts, especially fritattas, or if they do, consider them just suggestions. What tastes good to me might differ from what tastes good to you, so feel free to modify the ingredients to your own taste and the portions to your hunger.

I learned to cook from my mother and my grandmother. Noni never followed recipes except where baked goods were concerned. A pinch of this and a little of that, was how she taught me. Intuition is more important than rigid instructions. Follow your heart, experiment and enjoy the process.

They say that breakfast is the most important meal of the day, but more importantly, making a delicious breakfast for someone you love is good for the soul, both yours and theirs.

Most of these recipes are quick and easy, but they are all worth the time you give them. Bon Appetite!

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Frittatas

A frittata is an Italian open-faced omelette. The term frittata translates into something akin to "fried." The wonderful thing about eggs is that everything goes with them... vegetables, meats, cheese, fruit, breads, spices and sauces, everything!

For making a frittata I strongly recommend purchasing a good propane torch from the hardware store for browning the top and melting cheese. Don't get the cheap \$10 one. Get the \$34 version that spins the flame. It won't flame out when turned upside down.





Thai Fusion Frittata

SERVES 1

INGREDIENTS

1/2 sweet onion

olive oil

1/2 pear

blackberries

Thai chili pepper

brown sugar

angel hair rice
noodles

peanut oil

2 eggs

cheese

bean sprouts

Thai holy basil

Optional:

cilantro

scallions

grape tomatoes

DIRECTIONS

In a small nonstick frypan, cook the onion in olive oil until lightly caramelized. Set aside.

Repeat this procedure with half of a sliced pear until the pear is lightly browned and caramelized on both sides. Add the onions back in and distribute the ingredients evenly in the pan. Place several blackberries throughout the mixture. If you are using grape tomatoes, cut them in half and add them at this time. Whisk the two eggs and pour into pan over the vegetables.

Have a finely pre-cut, red Thai chili pepper ready to go and sprinkle the small pieces around the top of the eggs, followed by sprinkling the brown sugar as well. Try to do this while the eggs are still wet. Add a little cheese and cook the top with a propane torch. Plate the frittata and add a few bean sprouts to the top.

Add about a half inch of peanut oil to a small saucepan and heat until very hot. Drop a small pinch of angel hair rice noodles into the hot peanut oil. The noodles will immediately pop up to form a bird's nest of sorts. Remove immediately from the oil and place atop the plated frittata. Add Thai holy basil strategically placed.

Garnish with a sprig or two of cilantro and a little julienned scallion if you like.

Salt and pepper to taste.







Huevos

Huevos is simply Spanish for "eggs." There are so many more huevos dishes than are shown here, but most of them have the same basic ingredients, so small things, like how the vegetables are cut and arranged, make a big difference.

What varies the most is the use of meats and the type of sauces & salsa condiments. Ranchero sauce is common, but often a simple huevos dish can be Spanish rice and beans with some shredded lettuce, a dressing such as ranch or sweet Italian and pico de gallo.



Heuvos Grande

SERVES 2

DIRECTIONS

INGREDIENTS

2 corn tortillas
extra virgin olive oil
refried beans
2 poached eggs
sweet onion
tomatoes
scallions
avocado
cilantro
guacamole
sour cream
cheese
salsa
salt & pepper

I prefer to prepare my huevos as poached eggs, but they can just as easily be fried or scrambled. This is a very easy dish to prepare because it just basically requires cutting and dicing fresh vegetables, but there are a few options.

First, considering the two tortillas, I prefer corn over wheat. It gives the dish a more Mexican flavor. The tortillas may be warmed up and eaten soft, but for this dish, I prefer to fry them in olive oil until crispy. If you prefer, you may substitute two tostados.

Warm the refried beans in a pan with a little water to thin them out a bit and spread the beans on the two tortillas.

Poach two large eggs for 4 1/2 minutes in boiling water that has a small amount of white vinegar added to the water. This will help the eggs keep their shape and keep them from separating and dissolving into the water as they cook.

Place the eggs on the refried beans and then pile on the diced vegetables.

Top with a dollop of sour cream and some shredded cheese of your choice. I prefer a very sharp Cheddar like Irish or English Coastal.

Salsa is optional, but any type can work. Sweet corn salsa with black beans is great and there are many types of red salsa that can be chosen to add a little zest to the dish.

Salt and pepper to taste.

Guacamole



SERVES 6

INGREDIENTS

avocado
lime juice
lemon juice
honey
garlic
jalapeno pepper
sweet onion
grape tomatoes
cilantro
scallions
salt & pepper

DIRECTIONS

Peel a large avocado or several small ones and cut into small pieces. Place in a large bowl and add enough lemon or lime juice to wet the avocado but not drench it. This will help in the mashing process and will also keep the guacamole from turning brown prematurely. Add a dash of honey.

Mash the avocado with a fork, or if available use a blender stick. This does a great job, especially with slightly underripe avocados.

Finely chop a couple cloves of garlic or add half a teaspoon of chopped garlic from a jar. Finely chop the onion, jalapeno pepper and tomatoes and scallions and add all chopped ingredients to the mashed avocado mixture.

Cut cilantro into many fine pieces and add to mixed ingredients. Salt and pepper to taste.

If you need more heat, add a few dashes of habanero sauce to the guacamole for that little extra kick!

Salsa Verde



SERVES 12

INGREDIENTS

tomatillos
jalapeno peppers
sweet onion
Scallions
garlic
lemon or lime Juice
cilantro
salt & pepper

DIRECTIONS

Add four to five medium-sized, peeled tomatillos and a large jalapeno pepper or two to a pot of boiling water. Cook for about ten minutes until the color of both vegetables turns from bright to dull green.

Place all the ingredients except the cilantro in a blender on a low setting and blend until the mixture is thick and slightly chunky. Add a small amount of lemon or lime juice if you like, at this time.

Add cut cilantro to the blender and give it a small hit to further blend the cilantro into the salsa, but do not overdo. Try to retain some of the texture of each ingredient. Avoid blending it to be too homogenous.

Salt and pepper to taste.

Huevos Divorciado

SERVES 1

INGREDIENTS

green leaf lettuce
red radicchio
2 Eggs
coconut oil spray
olive oil
green bell pepper
Rrd bell pepper
sweet onion
red onion
red beans
navy beans
salsa verde
habanero salsa
habenero sauces

DIRECTIONS

The essence of this dish is to prepare two eggs and separate them on the plate, one served with green ingredients and the other with red ingredients. This premise offers many fun and creative possibilities.

Cut the red and green peppers into small strips and cook in extra virgin olive oil until seared. Keep the colors separate. Set aside.

Place the lettuce and the radicchio on opposite sides of the plate.

Poach two large eggs using the method previously described for huevos, or use an egg poacher such as the one Sur la Table sells. this does a really fine job and gives the eggs a regular shape. I spray the cups with coconut oil spray and cook the eggs for 4 1/2 minutes.

Thinly slice the red and white onions and keep separate. I like to use a spiralizer for this step, as it cuts the onions paper thin and fancies up the plating.

Scoop a spoonful of salsa verde on to the green lettuce and a scoop of red habanero salsa on the radicchio.

Place the onions on the lettuce, matching the colors and top with the two eggs and the cooked peppers.

You may want to garnish with diced tomatoes, cilantro, or scallions, but definitely use the red and white beans, placing the appropriate colors on each side of the dish.

Put a dash of red habanero sauce and green habanero sauce on each poached egg.





Huevos Chorizo

SERVES 1

INGREDIENTS

2 corn tortillas
red pepper hummus
extra virgin olive oil
summer squash
red & green bell peppers
sweet onion
jalapeno pepper
tomato
soy chorizo
2 large eggs
guacamole
corn salsa
black bean Salsa
cilantro
scallions
queso fresco

DIRECTIONS

Cut the onion into small slices and fry in olive oil until slightly caramelized. Set aside. Cut the squash into small strips and lightly brown them in the oil. Cut the bell peppers into strips and add to the mixture. Cut the jalapeno into coin sized shapes and brown with the squash. Add the onion back into the cooked squash.

Dice the tomato and add to the other vegetables. Squeeze out some soy chorizo from the wrapper, about two inches will do. I get my soy chorizo at Trader Joe's and it may be hard to find. If that is the case, just use regular chorizo sausage, but pre-cook it in a small amount of oil, breaking it into small pieces. Add the chorizo to the vegetable mix and add a small amount of water to thin the chorizo and spread the flavor through the other ingredients. Continue to cook the mixture for a minute or so.

Poach two large eggs for 4 1/2 minutes in boiling water that has a small amount of white vinegar added to the water. This will help the eggs keep their shape and keep them from separating and dissolving into the water as they cook, or use an egg poacher as the one available from Sur la Table.

Place the warmed tortilla on a plate and spread the hummus on the tortilla. Any flavor will work, but I prefer the red pepper hummus. Place the the chorizo/vegetable mixture atop the hummus and place the two eggs on top of that.

Top with a dollup of sour cream and guacamole. Add a small amount of corn & black bean salsas and sprinkle with cheese.

Garnish with cilantro sprigs and scallions.

Overstuffed Omelets

Overstuffed omelets are folded omelets that spill their ingredients over the top as part of the presentation, creating an abundance of flavor. While there are only two examples illustrated here, I encourage you to try other varieties for stuffing your omelets. I often find that leftovers provide unique and simplified ways to creatively experiment with overstuffed omelets. You'd be hard pressed to find a combination that doesn't work. The best solutions are the ones that have a unique flavor and present well, so have a go at it and make it fun!





Tomato Basil Zucchini Omelet

SERVES 1

DIRECTIONS

INGREDIENTS

olive oil

sweet onion

zucchini

tomatoes

2 large eggs

fresh basil

shaved Parmesan
cheese

salt & pepper

Begin by prepping the onion and zucchini, cutting them each into small strips about 1/4 inch wide by 3 to 5 inches long. Cut the tomatoes into 1/4 inch slices and further cut each slice, in half

Saute the onions and zucchini in olive oil until lightly browned and add the tomatoes. Cook lightly.

In a separate skillet add the two large whisked eggs and cover with a glass lid. When the eggs are solidified, remove from the heat and add half of the vegetables and fold the eggs over to cover. Slide from the pan to the plate and top with the other half of the vegetables.

Take several leaves of fresh basil and roll into a cylinder lengthwise. Cut with a scissors to create many small bits of basil confetti falling over the top of the omelette. Garnish with shaved Parmesan cheese and fresh basil leaves.





Broccoli, Kale, Brussel Sprouts Overstuffed Omelet

SERVES 1

INGREDIENTS

extra virgin olive oil

sweet onion

brussel sprouts

broccoli

baby kale

apple cider vinegar

whole grain Dijon
mustard

real maple syrup

DIRECTIONS

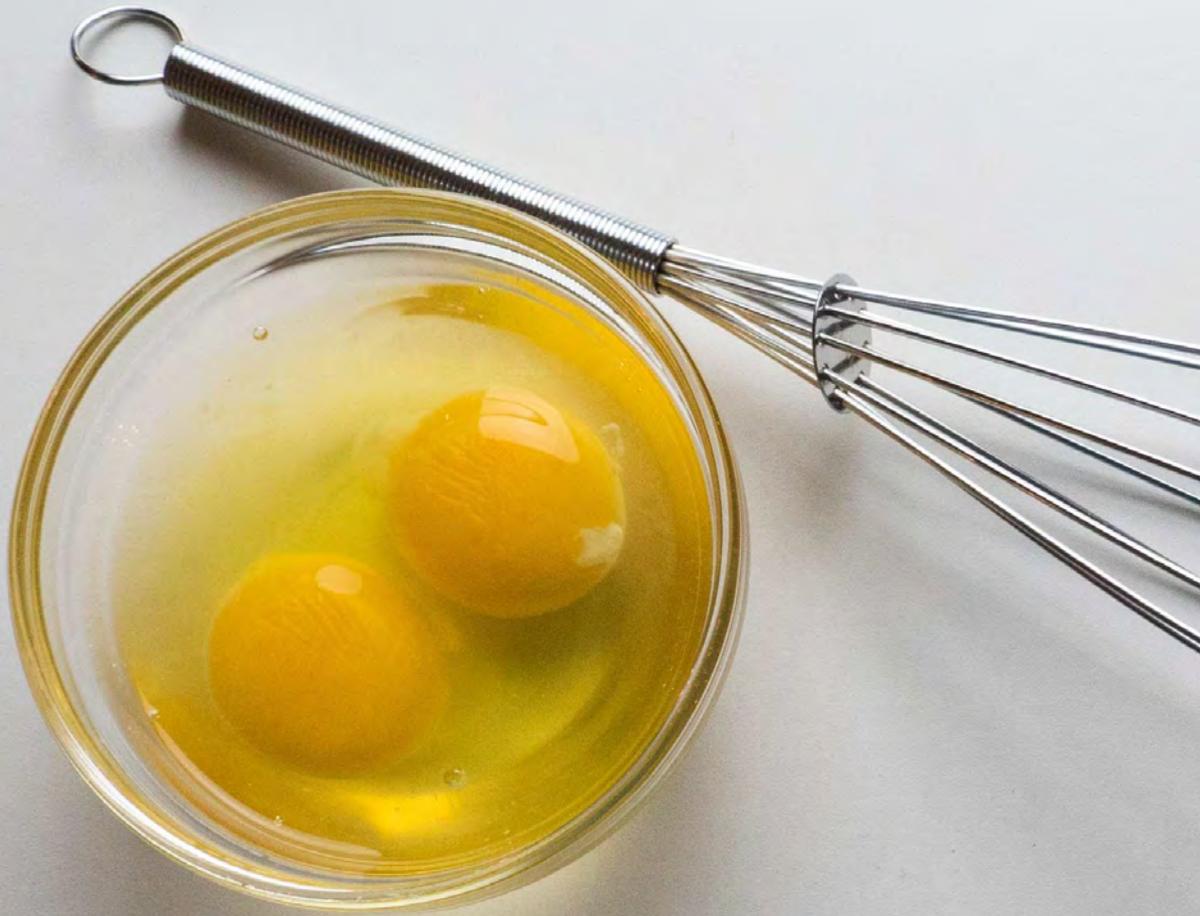
Steam the broccoli and the brussel sprouts for eight minutes to par-cook and soften them. In a small skillet saute the broccoli and brussel sprouts until cooked completely through. Add the baby kale. Continue cooking until the kale is wilted. Set aside.

Cut about a quarter of a large onion into long slices and cook in olive oil until lightly caramelized. Add the broccoli and brussel sprouts/kale mix to the onions and continue cooking briefly.

Make a vinaigrette from 1/4 cup of extra virgin olive oil and 1/4 cup of maple syrup and 1/8 cup of apple cider vinegar. Add 1 tablespoon of whole grain dijon mustard. Stir well.

Whisk 2 eggs and cook in a covered, oiled skillet until the eggs solidify. Add half the vegetables to the omelet and fold over. Slide on to the plate and add the other half of the vegetables to the top.

Shake the vinaigrette well and pour over the vegetables and the omelet.





Egg Dishes

Whether cooked sunny side-up, over-easy, poached, hard-boiled, scrambled, used in a custard or in baked goods, the egg is the most versatile food in the kitchen. It provides important nutrients like lecithin, is high in protein and is incredibly cost efficient at pennies per serving. If you are not including eggs in your regular dietary regimen, it's time to rethink your options and make time in the morning for a delicious variety of egg dishes.

Strata

SERVES 6

DIRECTIONS

INGREDIENTS

4 cups stale bread
5 large eggs
1 cup milk
olive oil
garlic
baby spinach
asparagus
red bell pepper
tomato slices
sweet Italian sausage
sweet onion
shredded cheese

Slice a loaf of bread and crumble it into many pieces in a large bowl. Set it out overnight or for a few days to allow it to go stale. The drier it is, the better it will soak up the egg.

Whisk the 5 eggs and the milk and set aside.

Cook the sausage in olive oil and garlic, crumbling it into small thin pieces.

Saute the vegetables, except the tomato, and add to the sausage. Just a few of each will do, otherwise the strata will not stay in it's cut shape when sliced.

Mix the eggs with the dried bread and allow to soak in. This can be done the night before, if you prefer, and kept in the fridge.

Using a baking dish like a souffle or casserole pan, or a medium sized, deep spring form pan (my preferred method), begin layering the bread/egg mixture with interspersed layers of vegetables, sausage and cheese.

Whether shredded or sliced, be sure to use a thin layer of cheese to insure that it melts completely. Select a cheese than is a good melting cheese and full in flavor. Havarti, provolone, extra sharp cheddar, mozzarella or shredded quatro formagio all work well for melting but there are many others.

Bake in the oven covered in aluminum foil for 50 minutes at 350 degrees. Remove foil and add cheese to the top. Bake another 10 minutes. Let stand for 10 minutes before seving.





Eggs in Purgatory

SERVES 1

INGREDIENTS

hash brown potatoes

crushed tomatoes

1 tbls cayenne pepper

2 tbls sriracha

olive oil

2 large eggs

3 tbls cream cheese

1 tsp tarragon

1 tsp parsley

1/2 tbl coarse black pepper

DIRECTIONS

Heat the crushed tomatoes in a small saucepan with the cayenne and the sriracha. The amount used is determined by your ability to enjoy the heat provided. Warm until the runny liquid is evaporated.

Heat extra virgin olive oil in a small skillet and add shredded potatoes until the bottom of the pan is covered. Cook the hash browns until golden on one side. Using an oversized spatula, flip the potatoes and cook the other side until golden brown. Remove from the heat and set aside.

Place 3 tablespoons of cream cheese in a lightly oiled skillet and soften, being careful not to burn the cheese.

Whisk and add the two eggs and the spices and stir continuously until the eggs are the desired consistency.

Spoon some tomato sauce onto the plate and carefully place the hash browns on the sauce and top with the scrambled eggs.

Scrambled Eggs Square

SERVES 1

DIRECTIONS

INGREDIENTS

olive oil
baby spinach
garlic powder
salt
grape tomatoes
English coastal
cheddar cheese
2 large eggs
1 slice Havarti cheese

Here's a nice way to dress up something very simple.

Slice several grape or cherry tomatoes in half or in coin shapes and cook gently in extra virgin olive oil to create an oily tomato infused sauce with intact tomato pieces.

Wilt some baby spinach in olive oil and season with garlic powder and salt, and arrange on the plate.

Scramble two large eggs with about 3 tablespoons of extra sharp cheddar. I prefer English coastal cheddar.

Using a square rice mold cut the Havarti slice into the shape of the mold by pressing it into the cheese. Set the cut slice aside.

Place the rice mold atop the spinach and fill with the scrambled eggs. Pat down to fill the shape. Slide the rice mold off the eggs and place the pre-cut Havarti on top.

Using the propane torch very carefully melt the Havarti, avoiding the spinach and the plate. It helps to aim the torch at a right angle to the sides of the eggs.

Spoon the tomatoes and the olive oil over the eggs and spinach.

Salt & pepper to taste.





Viet Crepes with Poached Eggs

SERVES 1

INGREDIENTS

1 cup rice flour
1 can coconut milk
3 tbs turmeric
1/2 tsp sugar
1/2 tsp salt
sweet onion
beansprouts
baby bella mushrooms
green leaf lettuce
cilantro
Thai basil
scallions
2 large eggs
sweet chili sauce

DIRECTIONS

Prepare the Vietnamese crepe by mixing the rice flour, salt, sugar, turmeric and coconut milk. Thin with a little water if needed.

Oil a small skillet and pour enough batter into the pan to cover the bottom but not too thick. You need enough for it to be stable when you flip it. Wait for bubbles to appear and then flip the crepe with a large spatula. The finished crepe should look lacy, airy and crispy.

Poach 2 large eggs.

Arrange the lettuce on the plate, top with the crepe and add the cooked vegetables. Place the 2 poached eggs and add the basil, cilantro and julienned scallions. Splash a little sweet chili sauce on the eggs and allow to drip on the crepe and vegetables.

Pope John Visits Illinois

SERVES 1

INGREDIENTS

for the hushpuppies:

1 cup yellow cornmeal

1/4 cup flour

1-1/2 tsp baking powder

1/4 cup sugar

1 tbs onion powder

1 tsp garlic powder

1/4 cup chopped parsley

1/2 teaspoon salt

1 egg, lightly beaten

3/4 cup milk

peanut oil for deep frying

Sweet onion

Cabbage

Olive oil

Polish Sausage

1 large eggs

honey mustard

DIRECTIONS

The first step is to make several corn hushpuppies.

Mix all the ingredients except the frying oil and set aside. Heat the frying oil in a deep fryer to 370 degrees. Drop the batter into the hot oil and fry until brown and crispy on all sides. Remove and set on a paper towel-lined plate until ready to serve. They can be kept warm in the oven on a low setting.

Slice the sweet onion into large shapes and fry until caramelized lightly with brown edges. Set aside.

Cut green cabbage into 1/2 slices and caramelize in olive oil until tender and lightly browned.

Slice the Polish sausage by cutting a 4 inch section and quartering it lengthwise into 4 slices. Brown in hot oil until the sausage curls into a large "C."

Mix the onion with the cabbage and warm up before plating.

Place the curly sausage around the perimeter of the vegetables and add a fried or poached egg to the top. Garnish with pico de gallo or a favorite salsa or hot sauce.

Serve with a small side of honey mustard.

