

BREAKFAST FOODS

Alice's Eggs

Kate Littrell

2 cups grated cheese
¼ cup butter
1 cup half & half
1 teaspoon salt
¼ teaspoon pepper
2 teaspoons dry mustard
12-16 eggs, beaten
optional: chopped ham or bacon bits

Grease 8x12 inch baking pan. Put the cheese on the bottom of the pan and dot with butter. Pour mixture of eggs, salt, pepper, dry mustard and half & half over cheese. Add ham chunks or bacon bits (optional). Bake at 325 degrees for 40 minutes. Serves 12. I got this recipe from Shay McGovern, an old friend from Eagle Grove. I have no idea who Alice is or was. This is a very filling breakfast dish.

Breakfast Casserole

Lindsay Littrell

6 pieces of bread, torn up into 1-inch pieces
12 eggs, beaten
3 cups milk
chopped green pepper
chopped onion
1 pound sausage, browned and drained
salt and pepper to taste
any other spices that you might like
grated cheese

Put torn up pieces of bread into the bottom of a 9x13 inch baking pan. Mix eggs and milk together. Add chopped vegetables, sausage (can use cooked and crumbled bacon if you don't have any sausage, but sausage works and tastes better), salt, pepper, and spices. Pour over the bread pieces and sprinkle the grated cheese on top. Cover and refrigerate overnight. Bake at 350 degrees for one hour.

Dutch Baby (Pannekoeken type Dutch Pancake)

Martha Matern

¾ C. flour
1 C. skim milk
4 t. margarine
4 eggs
2 C. sliced Granny Smith Apples
Cinnamon

Heat a cast iron skillet in 450 oven. Remove from oven and put margarine in pan to melt. Cook sliced apples covered in microwave 3-5 minutes. In a bowl, combine milk and flour. Beat in eggs one at a time. Place apples in middle of pan and pour egg mixture over them. Sprinkle with cinnamon. Bake 20-30 min. at 450 till high and fluffy and brown. Makes 4 servings.

Notes:

1. This can be baked in a 9x13 pan if you don't have a large cast iron skillet.
2. I got this recipe from a weight watching friend but nobody here notices that!

Feather Pancakes

Kate Littrell

1 cup flour
2 Tbsp baking powder
2 Tbsp sugar
¾ to 1 cup milk
½ tsp salt
1 slightly beaten egg
2 Tbsp melted shortening or salad oil

Combine eggs, milk and shortening. Add dry ingredients and beat smooth.

Grumbled Eggs

Kate Littrell

This recipe really depends on what ingredients you have on hand or want to use.

Cut ½ pound of bacon into about 1 inch pieces. Brown in a frying pan until almost done. Add chopped onions, chopped green and/or red peppers, a can of mushrooms (if desired; I never do because I really don't like mushrooms, but you *could* add them at this point, or anything else you wanted to add to your taste) and continue frying until bacon is done, but not too crispy, and the vegetables are cooked, but not too mushy. It's a science, really. Pour off most of the bacon grease.

In a bowl, mix 6-12 eggs, depending on the amount of people you are serving, grated cheese, maybe 1/8 cup half & half, again if you have it on hand and if desired, and any spices that you want to put into the dish. I generally use chopped parsley, chives, pepper, and basil, but you can put whatever spices you like. I don't add salt until the eggs are cooked because someone, Bill Nelles (an old neighbor and the father of Lindsay's best friend, Heather, also an avowed gourmet cook) perhaps?, told me that putting the salt in earlier makes the eggs tough. I don't know if that's true but now I add the salt/seasoned salt after the eggs are cooked.

Add the egg mixture to the cooked bacon/vegetable mixture and continue frying until eggs are cooked through to desired consistency (scrambled). Add salt or seasoned salt to taste.