



In the Kitchen

April 2013

with Barb Agee

Eggcellent Eggs!

The economical egg is a great base for all sorts of hearty flavored dishes such as soufflés, Dutch Babies, stratas, quiches, frittatas, carbonaras and migas.

Rosemary Parmesan Popovers with Honey Lime Butter

2 eggs, room temperature	¼ cup finely grated Cheddar cheese
1 cup whole milk, room temperature	¼ cup finely grated Parmesan cheese
2 tablespoons butter, melted	2 tablespoons fresh Rosemary, coarsely chopped
1 cup flour	½ cup coarsely grated Parmesan cheese
1 teaspoon salt	Honey Lime Butter (<i>see recipe below</i>)
½ teaspoon baking powder	

Mix flour, salt and baking powder together in a bowl and set aside.

In a medium bowl, whisk the eggs to combine the yolks and whites, whisk milk into the eggs. Gently whisk in flour mixture. Fold in the Cheddar cheese and the ¼ cup and the ¼ cup finely grated Parmesan cheese. Cover batter and refrigerate for 30 minutes.

Preheat oven to 400°F. Put mini muffin pan on the middle rack and warm for 5 minutes. Remove muffin pan and coat with a non-stick vegetable spray. Fill muffin cups ¾ full of batter. Sprinkle with coarsely grated Parmesan cheese and chopped Rosemary.

Bake the popovers until crisp and golden brown, about 18 to 20 minutes. Remove from the oven and remove from the muffin pan. Serve with the Honey Lime Butter.

Honey Lime Butter

8 tablespoons salted butter, softened	Dash of nutmeg
Juice of one lime	2 tablespoons of honey

Beat butter, lime juice, honey and nutmeg with a whisk until blended. Set aside to serve with popovers.

Aioli

1 large egg yolk	¼ cup extra virgin olive oil
1 small garlic clove, finely grated	Pinch cayenne pepper
¼ teaspoon Kosher salt plus more	Fresh lemon juice
¼ cup grapeseed oil	Freshly ground black pepper

Whisk egg yolk, garlic, ¼ teaspoon salt and 2 teaspoons water in a metal bowl to blend well. Whisking constantly, slowly drizzle in grapeseed oil, 1 teaspoon at a time, until sauce is thickened and emulsified. Whisking constantly, add olive oil in a slow, steady stream. Stir in cayenne pepper; season aioli with lemon juice, pepper and salt.

Megas

8 eggs	1/8 teaspoon paprika
2 tablespoons cream	1 Roma tomato, seeds & pulp removed, chopped
1 tablespoon chunky salsa	1/4 cup fresh cilantro, chopped
1 tablespoon olive oil	1 1/4 cups Fritos corn chips, lightly crushed
1/4 cup yellow onion, finely chopped	1/3 cups mild cheddar cheese, grated
1 tablespoon jalapeño, seeded, finely chopped	1/3 cup pepper jack cheese, grated
3 strips bacon, cut into small pieces	Crema or sour cream
1/2 red sweet pepper, finely chopped	1/2 avocado, sliced
1/8 teaspoon chili powder	Additional cilantro for garnish
1/8 teaspoon cumin	

Heat the olive oil in a heavy skillet; add the bacon and lightly brown, then add the onions, sweet pepper, jalapeno pepper, chili powder, cumin and paprika. Sauté until bacon is crisp and onions are transparent.

In a separate skillet, heat butter over medium low. Whisk the eggs, cream and salsa together; add to the warm skillet and scramble until eggs are gently set. Remove from the heat; sprinkle bacon mixture, tomato, avocado, cilantro and cheese. Sprinkle Frito chips over top. Gently fold vegetables, cheese and bacon mixture into eggs. Return to heat and finish cooking, about 1 minute.

Immediately serve with a dollop of crema or sour cream on top and a sprinkle of chopped cilantro. Serve with warm tortillas, additional salsa and black beans on the side.

Makes 4 to 6 servings

Mushroom Asparagus Quiche

One 8 ounce tube refrigerated crescent rolls	1/2 teaspoon salt
2 teaspoons prepared spicy mustard	1/2 teaspoon pepper
1 medium onion, chopped	1/4 teaspoon garlic powder
1/2 cup fresh mushrooms, sliced	1/4 teaspoon dried basil
1/4 cup butter, cut into small pieces	1/4 teaspoon oregano
2 eggs, lightly beaten	1/4 teaspoon sage
1/4 cup fresh parsley, chopped	
1 1/2 pounds fresh asparagus, trimmed and cut into 1/2-inch pieces	
2 cups (8 ounces) shredded part-skim mozzarella cheese	

Separate crescent dough into eight triangles, place in an ungreased 9-inch pie plate with points toward the center. Press to seal edges together on the bottom and up the sides of dish to form a crust. Spread with mustard; set aside.

In the large skillet, sauté the asparagus, onion and mushrooms in butter until asparagus is crisp-tender. In a large bowl, whisk eggs, parsley, salt, pepper, garlic powder, basil, oregano and sage. Stir in asparagus mixture. Fold in cheese. Pour into crust.

Bake at 375°F for 25 to 30 minutes or until knife inserted near the edge comes out clean. Let stand 5 minutes before cutting. *Yields 6 to 8 servings*

