



Home On The Range



Get Cracking For "Eggsciting" Eating

Eggs have taken a beating on the medical front during the past decade, and this has resulted in scrambled thoughts about eggs. Recently, a few health authorities have come to their defense. Tests are showing they have less cholesterol than generally believed.

Eggs are very low in both fat and saturated fat compared with other sources of high quality protein such as red meats and cheese.

According to *American Health* "If the cholesterol on the dinner plate goes up, production of body cholesterol often goes down—in healthy people—to maintain balance."

Try these "eggsciting" recipes and see if eggs aren't better than they're cracked up to be.

FRIED TOMATOES & EGGS

- 1 cup purple onion, sliced ¼ -inch thick
- ½ cup butter, softened
- 2 cups milk
- 8 hard-cooked eggs, sliced ¼ -inch thick
- 2 tablespoons dried parsley
- ¼ cup grated Parmesan cheese
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 raw eggs, beaten until lemon yellow in color
- 3 medium tomatoes, sliced ½ -inch thick
- ½ cup flour
- 2 tablespoons cooking oil
- 4 slices toasted bread

Melt butter, add onions and saute over low heat until onions are transparent and slightly brown. Add milk and continue to cook over low heat until bubbles start forming around the edge. Remove from heat and stir in sliced eggs, parsley, cheese, lemon juice, salt, and pepper. Mix well.

Add ½ cup of hot milk mixture to the beaten eggs and mix well; then add egg mixture to milk mixture. Place over slowly boiling water, using double boiler, and cook stirring constantly until mixture thickens. Turn off the heat, cover, and set aside.

Dip tomato slices in the flour. Saute in the oil until slices are golden brown yet still retain their shape. Do not over cook. Place hot tomato slices on toasted bread and top with hot egg mixture. Serves 4.

Marie A. Cairns
Honeybrook

BREAKFAST CASSEROLE

- 1½ pounds bacon or ham
 - 9 eggs
 - 3 cups milk
 - 1½ cups shredded cheddar cheese
 - 3 slices French bread, cubed
 - 1½ teaspoons mustard
 - 1 teaspoon salt
- Place bread and meat in bottom of 9x13-inch pan. Pour egg and milk, mustard and salt over the meat and bread. Top with cheese. Bake one hour at 350 degrees. Serves 10 to 12.

Christine Davidson
Cumberland Co. Dairy Princess

EGGS BENEDICT WITH SOUR CREAM HOLLANDAISE SAUCE

- ¼ cup sour cream Hollandaise sauce*
 - 2 toasted buttered English muffins
 - 4 slices Canadian bacon, grilled
 - 4 poached eggs
- For each serving, top English muffin with bacon slice, then poached egg. Spoon 3 tablespoons warm sour cream Hollandaise sauce over all. Serve immediately.

*Hollandaise sauce recipe included in this column.
Christine Davidson
Cumberland Co. Dairy Princess

SOUR CREAM HOLLANDAISE SAUCE

- ¼ cup dairy sour cream
- 1 egg yolk
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- ½ cup dairy sour cream

Combine ¼ cup sour cream, egg yolk, lemon juice and salt in a small saucepan. Cook over low heat, stirring constantly, until thick and hot. Remove from heat and stir in remaining one half cup sour cream. Return to low heat; heat to serving temperature. Do not boil.

Christine Davidson
Cumberland Co. Dairy Princess

CREAMED EGGS

- Scald 1 quart milk in double boiler. Beat 6 eggs. Add to hot milk and cook until eggs are set. Pour over toast. Add salt and pepper to taste.

Sandy Hartman
Westfield



Hard-cooked eggs are great for a snack or fixed as deviled eggs. A basic egg salad varied by what you have in the refrigerator can yield "eggsciting" eating.

GOLDEN EGG PUFF

- 10 slices white bread
- 6 eggs
- 3 cups milk
- ¼ teaspoon dry mustard
- 2 cups sharp cheddar cheese, shredded

Remove crusts from bread and cut into cubes. Beat eggs, milk and mustard. Stir in bread cubes and cheese. Pour into an ungreased 9x13-inch glass dish. Cover and refrigerate overnight. Bake in preheated 325 degree oven about 1 hour or until center is set. Serve immediately. Serves 8 to 10.

Variations: add one pound cooked, drained sausage or two cups shrimp that has been cleaned and cooked.

Anna Fisher
Gordonville

STUFFED EGGS EXTRAORDINAIRE

- 6 hard-cooked eggs, in shells
- ¼ cup mayonnaise, or enough to moisten
- 2 tablespoons fresh or freeze-dried chives

Dash pepper
¼ cup seasoned bread crumbs
With sharp knife, slice eggs lengthwise through shell. Remove yolks and whites. Set shells aside.

Finely chop yolks and whites, add mayonnaise, pepper, and chives. Place mixture into shells. Invert stuffed egg halves into bread crumbs to coat top. Fry in butter until golden brown, stuffed side down.

Serve hot in shells with sausage or remove shell and serve cold with salad.

Virginia Egg Council

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- March 25- Easter Recipes
- April 1- Lamb
- 8- Pasta
- 15- Blueberry Recipes

ONE EGG

It's hardly enough for your breakfast.

It isn't enough when you bake. It isn't sufficient when making meringue.*

Or cookies or a cake
It doesn't go far in salads, Though you devil it, slice it or chop it.

But, if uncooked, it does go from wall to wall
Should you drop it.

Angelique McDonald
Bedford Co. Dairy Princess

Featured Recipe

This week's featured recipe comes from Luella Wenger who lives on a layer poultry farm in Manheim.

She writes, "My husband, I, and each of our six sons really like eggs. On rare mornings when I cheat and serve cereal instead, the farmers always feel the difference and run low on energy by 10:30 or 11:00 a.m."

Eggs can be made in so many different ways, and many preparations are so simple that most cooks don't follow a written recipe. Mrs. Wenger doesn't use a recipe when she makes these so she said, "Maybe I should call this an idea instead."

She calls it McWengers. "Once when we ate breakfast at a fast food restaurant, we ate something similar, but my children didn't care for the hard rolls," she commented.

This is her version, which has become a family favorite. Try it.

MCWENGERS

- Soft hamburger roll, buttered
 - 2 fried eggs, over lightly
 - Ham slice, heated
 - White American cheese slice
- Put one egg on the bottom half of the roll. Place one slice of cheese, then the next egg on top. Salt and pepper to taste and top with a slice of ham. Let set a few seconds until cheese is softened.