



Home on the Range

Egg-Breaking Recipes

Eggs are hard to beat for easy preparation, great versatility and delicious eating. Eggs are also one of nature's most nourishing foods.

However, the same nutrients that make eggs a high-quality food for humans can also be a good growth medium for bacteria.

About all reported cases of food poisoning associated with eggs or foods containing eggs have involved improper handling techniques used by restaurants and institutions.

Recent reports on food safety may have caused concern about preparation of some of your favorite egg dishes. There's no need to abandon traditional family recipes. Simply adopt new techniques.

Cooked egg nog is entirely safe and is much creamier and richer in texture than an uncooked nog. Cream pie fillings can be cooked too.

Scientific tests show that pie meringue baked as directed in this column is entirely safe.

For more information, write for "The Egg Handling and Care Guide." Send a self-addressed stamped envelope to The Incredible Edible Egg #33, P.O. Box 733, Park Ridge, IL 60068-0733.

QUICHE IN PEPPER POTS
8 medium sweet green, red, or yellow peppers
2 cups frozen vegetable blend, thawed

8 eggs
1 cup skim milk
1 teaspoon garlic powder
1 teaspoon Italian seasoning, crushed

Cut tops off peppers and remove seeds. Sawtooth or scallop pepper edges, if desired. Stand peppers upright in custard cups or muffin-pan cups. Spoon 1/4 cup vegetables into each pepper. In large bowl, beat together eggs, milk, and seasonings until well blended. Pour about 1/2 cup of the egg mixture over vegetables in each pepper.

Bake in preheated 325 degree oven until knife inserted near center comes out clean, about 60 to 70 minutes. Let stand 5 minutes before serving.

Microwave: Place 4 of the filled peppers in custard cups on plate, platter or tray. Cook on full power 6 minutes. Rotate plate. Cook on 50 percent power, rotating plate ever 3 minutes, until knife inserted near center comes out clean, about 10 to 14 minutes. Remove each pepper as it is done. Repeat for remaining peppers.

BRUNCH BAKE
1/4 cup butter
1/2 pound fresh asparagus, trimmed, cut into 1-inch pieces
1 medium red bell pepper, chopped
1 medium onion, cut into thin wedges
8 cups French bread cubes
2 cups shredded cheddar cheese, divided
1 cup cubed, cooked ham, if desired
8 eggs
2 1/2 cups milk
1/2 teaspoon dried marjoram
1/2 teaspoon salt
1/4 teaspoon pepper

In medium skillet, over medium heat, melt butter. Add vegetables and cook, stirring occasionally, until vegetables are tender-crisp, about 3 to 5 minutes. In large bowl, combine bread cubes, 1 cup cheese, ham and vegetable mixture; mix well. Spoon into buttered 13x9-inch baking dish. In medium bowl, combine eggs, milk and seasonings; mix well. Pour evenly over bread mixture. Cover and refrigerate 12 to 24 hours.

Preheat oven to 350 degrees. Bake, uncovered, until golden and puffed, 45 to 50 minutes. Sprinkle remaining 1 cup cheese evenly over top and bake until cheese is melted, about 1 minute.

CLASSIC COOKED EGG NOG
6 eggs
1/4 cup sugar
1/4 teaspoon salt, optional
1 quart milk, divided
1 teaspoon vanilla
Garnishes or Stir-ins, optional
In large saucepan, beat together eggs, sugar and salt, if desired. Stir in 2 cups milk. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon and reaches 160 degrees. Remove from heat. Stir in remaining 2 cups milk and vanilla. Cover and refrigerate until thoroughly chilled, several hours or overnight. Just before serving, pour into bowl or pitcher. Garnish or add stir-ins if desired: chocolate curls, cinnamon sticks, extracts or flavorings, fruit juice, ground nutmeg, maraschino cherries, orange slices, peppermint sticks, sherbet or ice cream, whipping cream.



To satisfy the tastes of a new inflow of immigrants, a host of intriguing vegetables are appearing in supermarkets, specialty food stores, and farmer's markets. Thai-Style Noodles Sprouts and Eggs is ethnic cuisine that is a taste-treat to expand your horizons.

PLUM UPSIDE-DOWN FRENCH TOAST
6 eggs
1/4 cup skim milk
1/2 teaspoon vanilla
1/2 teaspoon almond extract
6 slices French bread
2 cups chopped pitted ripe fresh plums
2 tablespoons water
1/2 cup firmly-packed brown sugar

1/2 teaspoon grated lemon peel
Mint leaves, optional
In medium bowl, beat together eggs, milk, and flavorings until well blended. Pour about half the mixture into an 8x8x2-inch baking dish. Place bread slices in mixture. Pour remaining mixture over bread. Let stand until liquid is absorbed, turning occasionally, about 10 minutes or cover and refrigerate several hours or overnight.

Place plums and water in medium saucepan. Cover and cook over medium heat until plums are tender. Stir in sugar and lemon peel. Spread over bottom of 8x8x2-inch baking dish. Gently place soaked bread slices on plum mixture. Bake in preheated 375 degree oven until lightly browned, about 20 to 30 minutes. Garnish with mint leaves, if desired.

SOUR MILK BUCKWHEAT CAKES
2 cups buckwheat flour
1/4 cup white bread flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2 cups sour milk or buttermilk
1 tablespoon shortening
Measure and sift together dry ingredients. Gradually add milk, stirring to make a smooth batter. Add melted shortening. Bake on hot griddle. Makes 8 medium-sized cakes.

Cindy Hoffman
Richfield

CHOCOLATE ALMOND MOUSSE
1/2 cup milk
4 eggs
1/4 cup sugar
6 ounces semi-sweet chocolate pieces
1 teaspoon vanilla
1/2 teaspoon almond extract
2 to 3 tablespoons slivered almonds

In medium saucepan, stir together milk, eggs, and sugar until thoroughly blended. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon and reaches 160 degrees. Remove from heat. Stir in chocolate and flavorings until chocolate is melted. Spoon into 8 pot de creme cups. Sprinkle with almonds. Refrigerate several hours or overnight.

BAKED EGGS
6 bread slices, cubed
2 cups grated mild cheddar
1 cup cooked, cubed ham
1/4 cup chopped green bell pepper
1/2 cup finely chopped onion
6 eggs
3 cups milk

Mix bread, cheese, ham, bell pepper, and onion. Spread in a 13x9-inch pan treated with non-stick spray. Whisk eggs, milk, and pour over top. Cover dish with foil and freeze until ready to use or refrigerate overnight. To prepare for serving, thaw dish, and bake uncovered in a preheated 375 degree oven for 45 minutes. Serves 8 to 10.
If preferred, substitute 6 slices browned, crumbled bacon for the ham.

Tina Forry
Palmyra

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Featured Recipe

THAI-STYLE NOODLES, SPROUTS AND EGGS

1 cup fresh bean sprouts
1/2 cup sliced green onions with tops
1 jar pickled or plain whole baby corn, drained
1/2 cup chopped peanuts
Cooking spray
1/2 cup fresh straw mushrooms
4 eggs
1/2 teaspoon garlic powder
1/2 cup sweet and sour stir fry sauce
4 ounces dry vermicelli or rice noodles, cooked and drained
With fork in medium bowl, toss together sprouts, onions, corn, and peanuts. Set aside.

Generously coat large saucepan with cooking spray. Add mushrooms. Cook over medium heat, stirring occasionally, until mushrooms are tender, about 3 to 4 minutes.

In small bowl, beat together eggs and garlic powder until blended. Pour over mushrooms. Cook, stirring to break up eggs, until eggs are still moist but no visible liquid egg remains. Stir in sauce, vermicelli, and reserved vegetable mixture. Continue cooking, gently tossing with 2 spoons to distribute heat, until heated throughout.

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. Recipes should reach our office one week before publishing date.

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