

BREAKFASTS & BRUNCH

*CHEESY HASHBROWN CASSEROLE

Michelle Wade (adapted)

2 lbs, shredded hashbrowns, defrosted
½ cup melted butter
1 tsp salt
¼ tsp pepper
½ cup chopped onion

1 can cream of broccoli soup
1 cup milk
1 cup sour cream
2 cups grated cheese

1. Mix above ingredients and put in a 9x13 pan

Topping

2 cups crushed frosted flakes
½ cup melted butter

1. Melt butter and add frosted flakes to mix.
 2. Sprinkle topping over casserole and bake at 350 degrees for 45 minutes.
 3. For Church Potluck, x4 for everything, cook for 1.5 hours at home and then reheat.
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*MUFFIN IN A MUG

4 tbsp flour
2 tbsp sugar
1/8 tsp baking powder
3 tbsp milk

1 tbsp oil
Pinch of baking soda
Topping

Stir, sprinkle brown sugar on top
Microwave for 1 minute (2 minutes for frozen toppings)

APPLE OATMEAL SLOWCOOKER

2 sliced apples
¼ cup brown sugar
1 tsp cinnamon
Pinch salt

2 cups of oatmeal
2 cups of milk
2 cups water

1. Put first four ingredients in bottom of slow cooker.
2. Pour in the next three ingredients
3. Don't stir
4. Cook overnight for 8-9 hours on low

MUFFINS - BLUEBERRY

Lynne McKnight

1 ½ cups flour	1 cup frozen blueberries
¼ tsp salt	¼ cup oil
½ cup sugar	1 egg
2 ½ tsp baking powder	1 cup milk

1. Mix dry ingredients
 2. Add blueberries and liquids
 3. Mix by hand (till all dry ingredients are moist)
 4. Bake at 375 for 25 minutes
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MUFFINS - RHUBARB

1 cup rhubarb	¼ cup vegetable oil
1 ¾ cups flour	1 egg beaten
½ cup sugar	¾ cup milk
2 tsp baking powder	1 tsp vanilla

1. Preheat oven to 400
 2. Toss Rhubarb with 1 tbsp flour, set aside
 3. Mix dry ingredients in large bowl with whisk
 4. Whisk wet ingredients in small bowl
 5. Make a well in dry and combine, still until moistened
 6. Fold in rhubarb, do not overmix
 7. Fill muffin cups 2/3 full then Bake for 18-20 minutes, test with a toothpick.
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MUFFINS - RASPBERRY CREAM

2 cups all-purpose flour	½ cup butter or hard marg	½ cup sour cream
1 tsp baking powder		1 tsp vanilla
½ tsp baking soda	2/3 cup granulated sugar	1 cup coarsely chopped frozen raspberries
½ tsp salt		
¼ tsp ground cinnamon	2 large eggs	

1. Measure first five ingredients in bowl. Stir well.
 2. Beat butter and sugar in medium bowl.
 3. Beat in eggs 1 at a time.
 4. Add sour cream and vanilla. Beat to mix.
 5. Add flour mixture. Stir until just moistened.
 6. Fold in raspberries. Fill greased muffin cups almost full.
 7. Bake in 350F oven for 30-35 minutes until golden.
 8. An inserted wooden pick should come out clean.
 9. Let stand 10 minutes. Remove from pan to cool on rack.
 10. Makes 12 large muffins.
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MUFFINS - CHEESE

½ 1/2 cup flour

1 tbsp baking powder

1 tbsp sugar

1 ½ cup milk

2 ½ cup grated cheese

1 dash cayenne

1 package dry onion
soup mix

1 egg

¼ cup oil

1. Combine soup mix and milk, let stand 5 minutes
2. Stir dry ingredients, stir in cheese
3. Beat egg, milk mixture, oil and add to dry ingredients
4. Mix lightly, just to combine
5. Spoon into muffin tins, makes 8 large
6. Bake at 375 for 15-20 minutes

Vary: Use spicy onion soup or 7 vegetable or garlic onion

MUFFINS - EGGNOG

Kari Clark

1 1/2 cups self-rising flour**

2 cups regular eggnog, not lite or low fat

1. In a large liquid measuring cup, measure 2 cups eggnog.
2. Add flour and whisk until well blended.
3. Pour evenly into a well-greased regular muffin tin.
4. Bake in 350 degree oven for 12-13 minutes (maybe 17 minutes) or until toothpick comes out clean.
5. Drizzle with Eggnog Icing. Makes 12 muffins.

Eggnog Icing

1/2 cup powdered sugar

fresh ground nutmeg for sprinkling,
optional

1/2 tsp. eggnog

Mix well. Will be thick. Drizzle over muffins. Sprinkle each with a little nutmeg if desired.

**If you do not have self-rising flour, for every one cup of all-purpose flour add 1 1/2 tsp. baking powder and 1/2 tsp. salt. Whisk well.

Note- I made the first batch of muffins in cupcake liners and felt they were a bit difficult to release from the paper. I suggest you bake these directly in a well-greased muffin tin. After removing from oven, run a knife around each muffin to remove from pan.

Can also be baked up in one dozen greased, 4 oz jelly Mason Jars in 18 minutes!

PANCAKE - SLOVAK CREPES

Zuzana Gratton from Graycon

220gram flour

1 yolk

0.5 litre milk

2 eggs

30 gram icing sugar

Salt

1. Mix the flour, eggs, yolk, sugar, milk and salt. Let stand for 5 minutes.
2. Bake in hot non sticky frying pan, using butter or oil. Thickness depends on the amount of mix you pour in.
3. You can fill them with whatever you want, we Slovaks usually do jam or sweetened cottage cheese and roll them. On top we Slovaks like to put whip cream or ice cream and fruit or chocolate crumbs.

BREAKFAST BURRITOS

12 eggs	½ cup chunky salsa
2 tbsp butter	2 cups Cheddar or Pepper Jack cheese
1 lb pork sausage, cooked and drained	24 flour tortillas

1. In large skillet, melt butter.
 2. Beat eggs in large bowl and add to skillet.
 3. Cook eggs in butter, stirring frequently, until scrambled and set.
 4. Add cooked sausage and salsa to egg mixture and mix gently.
 5. Warm tortillas as directed on package. Place about ½ cup egg and sausage mixture onto each tortilla and sprinkle with some cheese.
 6. Roll up each tortilla to make burritos, folding in the ends and rolling up.
 7. Place on parchment paper lined cookie sheets and freeze until solid.
 8. Then wrap individually and package in Ziploc freezer bags.
 9. When you're ready to eat, unwrap the burritos, wrap loosely in microwave safe paper towel and heat in the microwave on high power for 1-3 minutes until hot and cheese is melted.
 10. You can also thaw burritos in the refrigerator overnight, then wrap each in foil and bake at 350 F for 10-15 minutes until hot.
 11. The thawed burritos can also be deep fried for 3-5 minutes until golden brown and crisp.
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EASY SAUSAGE STRATA

1.5 pound pork sausage	3 cups milk
9 (1 ounce) slices bread, cubed	1.5 teaspoon salt
3 cups shredded Cheddar cheese	1.5 teaspoon ground dry mustard
9 eggs	

Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, and set aside.

Layer bread cubes, sausage, and Cheddar cheese in a lightly greased 9x13 inch baking dish.

In a bowl, beat together the eggs, milk, salt, and mustard. Pour the egg mixture over the bread cube mixture. Cover, and refrigerate at least 8 hours or overnight.

Remove the casserole from the refrigerator 30 minutes before baking. Preheat oven to 350 degrees F (175 degrees C).

Bake 50 to 60 minutes in the preheated oven, or until a knife inserted in the center comes out clean. Let stand 10 minutes before serving.

FARMER'S CASSEROLE

6 cups frozen shredded hashbrowns
1 ½ cups shredded Cheddar Cheese
2 cups diced cooked ham
½ cup sliced green onions
8 large eaten eggs

2 – 12 oz cups evaporated milk
¼ tsp salt
¼ tsp pepper

1. Arrange potatoes evenly in the bottom of the pan.
 2. Sprinkle with cheese, ham and green onion.
 3. In a large mixing bowl, combine eggs, milk, salt and pepper.
 4. Pour egg mixture over potatoes mixture in dish.
 5. Bake at 350 for 45-55 minutes
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FRENCH TOAST

Lynne McKnight

Combine ½ cup milk, 2 slightly beaten eggs and ¼ tsp salt, dip day old bread in mix and fry.

HAM QUICHE

1 tbsp hard margarine
½ cup finely chopped onion
1 cup finely chopped ham
¾ cup grated Swiss cheese
¾ cup grated medium or sharp cheddar cheese
1 unbaked 9 inch pie shell, deep dish

3 large eggs
1 ½ cups evaporated skim milk
1 tsp prepared mustard
½ tsp salt
¼ tsp pepper
1/8 tsp ground nutmeg

1. Melt margarine in frying pan.
2. Add onion and sauté until soft. Do not brown.
3. Spread ham and both cheeses in pie shell. Sprinkle onion over top.
4. Beat eggs in bowl until smooth.
5. Mix in remaining ingredients.
6. Pour into pie shell.
7. Bake on bottom rack in 375F oven for 30 – 35 minutes until a knife inserted near center comes out clean.

Makes 1 quiche. Serves 6-8.

MUFFIN TIN OMELLETE

Favorite fillings (ham,
onion, tomato)
8 eggs

1 tsp baking powder
1 tsp oil
¼ cup milk

Salt and pepper
Top with cheese

1. Mix first ingredients
 2. Pour into muffin tins to level
 3. Top with cheese
 4. Bake at 375 for 25 minutes
 5. Cool 5 minutes
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PANCAKE WAFFLE MAKER

1. Preheat the waffle pan over medium high heat.
 2. Preheat an oven to 200 F
 3. Spray the pan with non-stick cooking spray.
 4. Pour about 1/4 cup of the batter into each well.
 5. Cook until the waffles are golden brown underneath, about 1 minute.
 6. Using a small offset spatula and tongs, turn the pancakes over and cook until golden brown on the other side, about 1 minute more.
 7. Transfer the waffles to a wire rack set on a baking sheet and keep warm in the oven while you cook the remaining batter.
 8. Serve the waffles hot with maple syrup.
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MASTER MIX

Lynne McKnight

8 $\frac{3}{4}$ cup all purpose flour
1 $\frac{1}{4}$ cup dry skim milk powder
1 $\frac{1}{2}$ tbsp salt
1 tbsp cream of tartar
 $\frac{1}{4}$ cup sugar
1 lb vegetable shortening
 $\frac{1}{3}$ cup (and a little extra) baking powder

Stir dry ingredients into unsifted flour.
Sift all together, cut shortening into mixture until mix looks like cornmeal.
Place in canister and store at room temperature.

MASTER MIX BISCUITS –

so easy and yummy

3 cups master mix
 $\frac{3}{4}$ cup water

Blend and knead 10 strokes. Roll out on floured surface and cut in circles. Place in greased cake pan and bake at 450 degrees for 10 minutes.

MASTER MIX PANCAKES

3 cups master mix
1 egg
1 $\frac{1}{2}$ cup water

Just blend and make pancakes.

MASTER MIX WAFFLES

3 cups master mix
1 egg
1 $\frac{1}{2}$ cup water

Blend well and make your waffles.

ORANGE HONEY

A gift of flavoured of honey with bagels fresh from the bakery will certainly be welcome.

1 cup creamed honey
3 tbsp frozen concentrated orange juice, thawed
1 tsp grated orange peel

Combine all three ingredients in small bowl. Stir until smooth. Turn into small container. Makes 1 1/3 cups.

RASPBERRY HONEY

Combine 1 cup creamed honey, 1/2 cup raspberry jam (or other) and 1/8 tsp ground allspice in small bowl. Stir until smooth. Turn into small container. Makes 1 1/2 cups.

PANCAKE SYRUP

Wonderfully sweet with a great maple flavour.

4 cups granulated sugar
1 cup brown sugar
2 cups water
Salt, just a pinch
1 tbsp vanilla
1 tbsp maple flavouring

Combine both sugars, water and salt in large saucepan. Heat on medium high, stirring often, until boiling and sugar is dissolved. Reduce heat. Cover. Simmer for 10 minutes.

Stir in vanilla and maple flavouring. Pour into hot sterilized jars. Place sterilized metal lids on jars and screw metal bands on securely. Process in boiling water bath for 5 minutes. Makes 4 2/3 cups.

MAPLE HONEY

Combine 1 cup creamed honey, 1 tsp maple flavouring and 1/2 cup finely chopped walnuts in small bowl. Stir until smooth. Turn into small container. Makes 1 1/3 cups.

RASPBERRY SYRUP

No Sunday morning pancake brunch is complete without this syrup. Also great over ice cream.

8 cups fresh or frozen, thawed raspberries
1 tbsp lemon juice
3/4 cup corn syrup
2 cups granulated sugar

Process raspberries in blender until smooth. If seedless syrup is preferred, strain puree through a fine sieve.

Combine raspberry puree, lemon juice, corn syrup and sugar in large saucepan. Heat and stir on medium until boiling. Reduce heat.

Boil gently for about 5 minutes, stirring occasionally. Pour into hot sterilized jars. Place sterilized metal lids on jars and screw metal bands on securely. Process in boiling water bath for 5 minutes. Makes 5 cups.

Blueberry/Strawberry Syrup: Omit raspberries. Use same amount of fresh (or frozen, thawed) blueberries/strawberries.

Store in refrigerator for up to 6 months once seal is broken
