

Baked Eggs in Potato Nest

Prep time: 25 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Hashbrown potatoes (fresh)	3 lb	6 lb	12 lb	18 lb	24 lb	36 lb	48 lb
Vegetable oil	¼ c	½ c	1 c	1 ½ c	2 c	2 1/2 c	3 c
Cumin	½ tsp	1 tsp	2 tsp	1 Tbsp	1 Tbsp + 1 tsp	2 Tbsp	2 1/2 Tbsp
Paprika	½ tsp	1 tsp	2 tsp	1 Tbsp	1 Tbsp + 1 tsp	2 Tbsp	2 1/2 Tbsp
Salt & pepper to taste							
Tomatoes (diced & sautéed)	2 lb	4 lb	8 lb	12 lb	16 lb	24 lb	32 lb
Yellow onion (diced & sautéed)	8 oz	1 lb	2 lb	3 lb	4 lb	6 lb	8 lb
Safest Choice™ pasteurized shell eggs	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Parsley (garnish)	2 oz	4 oz	6 oz	8 oz	12 oz	16 oz	20 oz

Method of Preparation:

1. Sauté the hashbrowns in oil with cumin, paprika, salt, and pepper until golden brown. Arrange into 1/2 c nests in a lightly greased hotel pan.
2. Mix the sautéed tomatoes and onions and place 1 tablespoon into each potato nest.
3. Break the eggs one at a time into a cup, and transfer into each potato nest.
4. Cover the pan tightly with aluminum foil so no steam escapes, and finish cooking in the oven for about 5-8 minutes, or until whites are firm and yolk is soft.
5. Remove foil and plate 1 nest per person, or serve in hotel pan and garnish with parsley.

Chef Notes

Can be served with a hollandaise sauce.

Serving: 1 egg, 1 potato nest (½ c potato nest)



Banana Crepes with Strawberry & Toasted Pecan Topping

Prep time: 1 hour

Ingredients	Servings						
	12	24	48	72	100	150	200
Butter (unsalted)	1 ½ oz	3 oz	6 oz	9 oz	12 oz	1 lb 2 oz	1 ½ lb
Milk (whole)	1 qt	2 qt	1 gal	6 qt	2 gal	3 gal	4 gal
Safest Choice™ pasteurized shell eggs	6 ea	12 ea	24 ea	36 ea	50 ea	75 ea	100 ea
Rum	1 oz	3 oz	5 oz	7 oz	10 oz	15 oz	20 oz
Olive oil	3 oz	¾ c	1½ c	2¼ c	3 c	4 1/2 c	1 1/2 qt
Sugar	3 1/2 oz	7 oz	14 oz	1 lb 5 oz	1 lb 13 oz	2 lb 12 oz	3 lb 10 oz
Salt	dash	1/8 tsp	¼ tsp	3/8 tsp	½ tsp	¾ tsp	1 tsp
Flour, bread	14 oz	1 3/4 lb	3 ½ lb	5 ¼ lb	7 ¼ lb	10 ¾ lb	14 ½ lb
Bananas (puréed)	4 oz	8 oz	1 lb	1 ½ lb	2 lb	3 lb	4 lb
Orange zest	2 ea	4 ea	6 ea	8 ea	11 ea	16 ½ ea	22 ea
Bananas (sliced)	3 lb	6 lb	12 lb	18 lb	25 lb	37 ½ lb	50 lb
Toasted pecans	1 c	2 c	4 c	6 c	8 ¼ c	12 ½ c	16 1/2 c
Strawberry Topping:							
Fresh or frozen strawberries (sliced)	24 oz	3 lb	6 lb	9 lb	12 ½ lb	18 ¾ lb	25 lb
Sugar	4 oz	8 oz	1 lb	1 ½ lb	2 lb	3 lb	4 lb
Cointreau liquor	2 oz	4 oz	6 oz	1 c	1 ½ c	2 ¼ c	3 c

Method of Preparation

1. Melt the butter and set aside.
2. Combine the milk, eggs, rum, and oil.
3. Add the melted butter into the milk mixture.
4. Place all the dry ingredients into a bowl: sugar, salt, flour.
5. Using a whip, slowly add the liquid mixture into the dry mixture. Fold in the banana puree and zest.
6. Let the mixture rest for 30 minutes.
7. For the strawberry topping, combine the strawberries, sugar, and liquor, and allow to macerate.
8. To prepare crepes heat a non-stick pan to moderate heat.
9. Fill crepes with sliced bananas and top with strawberry topping.
10. Garnish with toasted pecans.

Serving: 1 filled crepe with strawberry topping (1/8 cup) and banana slices (4 oz)



Creamed Eggs on English Toast with Watercress

Prep time: 45 min

Ingredients	Servings						
	12	24	48	72	100	150	200
Safest Choice™ pasteurized shell eggs	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Canadian Bacon	12 oz	1 ½ lb	3 lb	4 ½ lb	6 ¼ lb	9 ½ lb	12 ½ lb
English muffin (cut in half and toasted)	12 halves	24 halves	48 halves	72 halves	100 halves	150 halves	200 halves
Watercress (rinsed with stems removed)	12 oz	1 ½ lb	3 lb	4 ½ lb	6 lb	9 lb	12 lb
Strawberries (sliced)	4 oz	8 oz	1 lb	1 ½ lb	2 lb	3 lb	4 lb
Béchamel Sauce:							
Milk (whole)	2 c	4 c	8 c	3 qt	1 gal	1 ½ gal	2 gal
Onion clouté (peeled and cut in half)	1 oz	2 oz	4 oz	6 oz	8 oz	12 oz	1 lb
Clarified butter	1 ½ oz	3 oz	6 oz	9 oz	12 oz	1 lb	1 ½ lb
All-purpose flour (sifted)	1 ½ oz	3 oz	6 oz	9 oz	12 oz	1 lb	1 ½ lb
Salt & white pepper to taste							
Nutmeg to taste							

Method of Preparation

1. Put the eggs in a sauce pan with enough cold water to cover. Boil for 15 minutes and remove from heat. Drain the eggs and allow to cool under cold running water. Remove the shells and separate the white from the yolk. Dice the whites for the sauce and break up the yolk for garnish.
2. Slice the Canadian bacon into 1 ounce slices.
3. In a sauce pan heat the milk with the onion and simmer for 5 minutes. In another sauce pan heat the clarified butter over moderate heat. Gradually add the flour to make a blonde roux cooking approximately 5 minutes. Remove the onion from the milk and gradually add the hot milk to the roux, whisking constantly. Cook until desired viscosity. Add the diced egg whites and season to taste. Strain if necessary.
4. Plate the toasted English muffin half with a slice of Canadian bacon and sauce. Garnish with egg yolks. On the side serve the watercress and sliced strawberries.

Chef Notes

A family recipe passed down through generations with a modern flare.

There are two methods for making an Onion Cloute:

- 1) Take a whole peeled onion, and attach the bay leaves using the whole cloves as "nail". OR
- 2) Make a slit in the onion, slide in the bay leaf and stud the onion with the whole cloves.

Serving: One English muffin piece with one egg and Canadian bacon each



Cheese & Green Onion Baked Grits with Poached Eggs

Prep time: 45 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Water (heated to a simmer), for grits	1 qt	2 qt	1 gal	1 ½ gal	2 gal	3 gal	4 gal
Grits (quick grits, not instant)	8 oz	1 lb	2 lb	3 lb	4 lb	6 lb	8 lb
Gruyère cheese	6 oz	12 oz	1 ½ lb	2 ¼ lb	3 lb	4 ½ lb	6 lb
Green onions (sliced thinly, chiffonade)	3 oz	6 oz	12 oz	1 lb	1 ½ lb	2 lb	3 lb
Water (heated to a simmer), for eggs	2 qt	1 gal	1 ½ gal	2 gal	2 gal 3 qt	4 gal	5 ½ gal
White vinegar	6 oz	1 c	1¼ c	1½ c	2 c	3 c	4 c
Butter	2 oz	4 oz	8 oz	12 oz	1 lb	1 ½ lb	2 lb
Safest Choice™ pasteurized shell eggs	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Pesto dressing:							
Fresh basil leaves	2 c	4 c	8 c	12 c	16 c	24 c	33 c
Garlic, fresh	quarter clove	half clove	1 clove	1 clove	2 cloves	2 cloves	4 cloves
Pine nuts (toasted)	1 Tbsp	2 Tbsp	4 Tbsp	6 Tbsp	½ c	¾ c	1 c
Fresh lemon juice	¼ c	½ c	1 c	1 ½ c	2 c	3 c	4 c
Olive oil	½ c	1 c	2 c	3 c	1 qt	1 ½ qt	2 qt
Salt & pepper to taste							

Method of Preparation

1. In a pot, heat the water and butter to a simmer. Add the grits and stir to avoid lumps. Cook approximately 10-15 minutes depending on the grain size.
2. Fold in the gruyère cheese and green onions. Place grits in a hotel pan and bake for 10 minutes or until set.
3. In a poaching pan or roasting pan, combine water and vinegar and bring to a simmer. Crack the eggs separately into a cup, and slide them into the simmering liquid. Poach for 3-5 minutes; then remove with a skimmer.
4. For pesto dressing combine all ingredients until emulsified. Season to taste.
5. Cut squares or triangles from grits and place on plate, approximately 3 × 3. Add a poached egg and garnish with pesto dressing.

Chef Notes

Serve with roasted new potatoes and turkey sausage links.

Serving: One poached egg garnished with pesto sauce drizzle (1 tablespoon), one 3x3 grit square



Poached Eggs with Spinach Chips & Pico de Gallo

Prep time: 25 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Oil for frying							
Spinach tortillas (cut into triangles)	6 ea	12 ea	24 ea	36 ea	50 ea	75 ea	100 ea
Safest Choice™ pasteurized shell eggs	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Water (heated to a simmer)	2 qt	1 gal	1 ½ gal	2 gal	2 gal 3 qt	4 gal	5 ½ gal
White vinegar	6 oz	1 c	1¼ c	1½ c	2 c	3 c	4 c
Pico de Gallo:							
Tomatoes (blanched, peeled, seeded, diced)	1 lb	2 lb	4 lb	6 lb	8 lb	12 lb	16 lb
Yellow onion (peeled and diced brunoise)	8 oz	1 lb	2 lb	3 lb	4 lb	6 lb	8 lb
Garlic (peeled and minced finely)	1 tsp	2 tsp	4 tsp	2 Tbsp	3 Tbsp	4.5 Tbsp	6 Tbsp
Jalapeño pepper (seeded and finely minced)	2 tsp	4 tsp	3 Tbsp	4 Tbsp	5 ½ Tbsp	1/2 c	2/3 c
Fresh lemon juice	2 oz	½ c	1 c	1 ½ c	2 c	3 c	1 qt
Olive oil	2 oz	½ c	1 c	1 ½ c	2 c	3 c	1 qt
Fresh cilantro (rough chopped)	1 oz	2 oz	4 oz	6 oz	1/2 lb	3/4 lb	1 lb
Salt to taste							
Monterey Jack cheese	10 oz	1 ¼ lb	2 ½ lb	3 ¾ lb	5 lb	7 ½ lb	10 lb

Method of Preparation

1. For the pico de gallo: In a noncorrosive bowl, combine all the ingredients and mix well. Refrigerate at 41°F or below until service, allowing flavors to combine.
2. Fry spinach tortilla chips for 20-30 seconds, or until crisp. Drain well.
3. In a poaching pan or roasting pan, combine the water and vinegar and bring to a simmer. Crack the eggs separately into a cup, and slide them into the simmering liquid. Poach for 3-5 minutes; then remove with a skimmer.
4. Place spinach tortilla chips on a plate or a bowl and place a poached egg on top. Garnish with pico de gallo and Monterey Jack cheese.

Serving: 3 oz spinach chips, one poached egg, ¼ c sauce



Pancetta, Rosemary & Brie Omelet

Prep time: 15 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Clarified butter	6 oz	1½ c	3 c	4½ c	1 ½ qt	2 qt	3 qt
Safest Choice™ pasteurized shell eggs, beaten	24 ea	48 ea	96 ea	144 ea	200 ea	300 ea	400 ea
Water	¼ c	½ c	1 c	1½ c	2 c	3 c	1 qt
Salt	1 pinch	½ tsp	1 tsp	1½ tsp	2 tsp	1 Tbsp	1 Tbsp +1 tsp
Pepper	1 pinch	½ tsp	1 tsp	1½ tsp	2 tsp	1 Tbsp	1 Tbsp +1 tsp
Pancetta	1½ lb	3 lb	6 lb	9 lb	12 ½ lb	18 ¾ lb	25 lb
Rosemary - fresh (removed from stem)	1 oz	2 oz	4 oz	6 oz	8 oz	12 oz	1 lb
Brie	18 oz	2 ¼ lb	4 ½ lb	6 ¾ lb	9 lb	13 ½ lb	18 lb

Method of Preparation

1. Preheat omelet pan with clarified butter over medium heat.
2. Whisk the eggs, water, salt & pepper together until froth forms on top.
3. Add pancetta and rosemary to omelet pan and sauté. Then add 5 ounces of egg mixture, working the edges with a spatula.
4. Shake pan and lift the edges until all liquid has run underneath.
5. Flip omelet or roll in the pan, then add the brie.
6. Serve immediately.

Chef Notes

Serve with marinated melon salad.

Serving: One, two-egg omelet



Caramelized Onion & Gouda Torte with Citrus Salad

Prep time: 1 hour 30 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Pie shells (9" partially baked)	2 ea	4 ea	8 ea	12 ea	17 ea	25 ea	33 ea
Yellow onion (diced & sautéed)	4 oz	8 oz	1 lb	1 ½ lb	2 lb	3 lb	4 lb
Shiitake mushroom (sliced and sautéed)	10 oz	20 oz	2½ lbs	3 ¾ lb	5 lb	7 ½ lb	10 lb
Smoked gouda (shredded)	6 oz	12 oz	1 ½ lb	2 ¼ lb	3 lb	4 lb	6 lb
Fresh thyme	½ tsp	1 tsp	2 tsp	1 Tbsp	1 Tbsp +1 tsp	2 Tbsp	3 Tbsp
Milk (whole)	3 c	1 ½ qt	3 qt	4 ½ qt	6 qt +1 c	9 qt + 1 c	12 ½ qt
Safest Choice™ pasteurized shell eggs (beaten)	10 ea	20 ea	40 ea	60 ea	83 ea	125 ea	166 ea
White wine	¼ c	½ c	1 c	1½ c	2 c	3 c	1 qt
Butter	¼ c	½ c	1 1/3 c	2 c	2¾ c	4¼ c	5½ c
Citrus Salad:							
Mixed greens (mesclun mix)	10 oz	20 oz	2 ½ lb	3 ½ lb	5 lb	7 ½ lb	10 lb
Orange & grapefruit segments (mixed)	2 lb	6 lb	12 lb	18 lb	25 lb	37 lb	50 lb
Raspberry Vinaigrette:							
Melba sauce	¼ c	½ c	1 c	1½ c	2 c	3 c	1 qt
White vinegar	3 oz	6 oz	1½ c	2¼ c	3 c	4½ c	6 c
Olive oil	9 oz	8¼ c	1 qt 2½ c	2 qt ¾ c	3 qt	4 ½ qt	6 qt
Parsley	1 oz	2 oz	4 oz	6 oz	8 oz	12 oz	1 lb

Method of Preparation

1. Preheat the oven to 350°F.
2. Place an even amount of sautéed onions & mushrooms, gouda cheese, and thyme into pie shells.
3. Combine milk, eggs, white wine, and butter. Pour evenly into pie shells.
4. Bake until knife inserted comes out clean, about 40-45 minutes.
5. For raspberry vinaigrette, combine all ingredients in food processor until emulsified.
6. Toss segments and greens.
7. Cut each torte into 8 servings. Place with citrus salad and garnish with raspberry vinaigrette.

Serving: One 8-ounce torte portion; ½ c citrus salad, ½ c greens



Egg Stuffed Tomato Provencal with Fresh Asparagus

Prep time: 1 hr

Ingredients	Servings						
	12	24	48	72	100	150	200
Safest Choice™ pasteurized shell eggs	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Tomatoes (5x6, cut in half & cored)	6 ea	12 ea	24 ea	36 ea	50 ea	75 ea	100 ea
Yellow onions (julienne and sautéed)	1 lb	2 lb	4 lb	6 lb	8 lb	12 lb	16 lb
Garlic (peeled and mashed into purée)	1 tsp	2 tsp	4 tsp	2 Tb	2 ½ Tbsp	4 Tbsp	5 Tbsp
Parmesan cheese (shredded)	4 oz	8 oz	1 lb	1½ lb	2 lb	3 lb	4 lb
Bread crumbs	6 oz	12 oz	1½ lb	2¼ lb	3 lb	4 ½ lb	6 lb
Olive oil	¼ c	½ c	1 c	1 ½ c	2 c	3 c	4 c
Asparagus (ends removed, blanched, then sautéed)	3 lb	6 lb	12 lb	18 lb	25 lb	37 ½ lb	50 lb
Salt & pepper to taste							
Lemon vinaigrette:							
Fresh lemon juice	2 oz	6 oz	1 c	1½ c	2 c	3 c	4 c
Dijon mustard	1 Tbsp	2 Tbsp	¼ c	6 Tbsp	½ c	¾ c	1 c
Olive oil	6 oz	1¼ c	3 c	4½ c	6 c	9 c	12 c
Salt & pepper to taste							

Method of Preparation

1. Put the eggs in a sauce pan with enough cold water to cover. Boil for 15 minutes and remove from heat. Drain the eggs and allow to cool under cold running water. Remove the shells and separate the white from the yolk. Dice the white for the tomatoes and break up the yolk for garnish.
2. Season the tomatoes with salt & pepper (optional). Combine the sautéed onions, garlic, and whites from the hardboiled egg. Fill each tomato with mixture.
3. Combine bread crumbs and Parmesan cheese with olive oil and top tomatoes with mixture.
4. Bake tomatoes in oven at 350°F for 20 minutes or until golden brown on top. Remove from oven.
5. For lemon vinaigrette, combine all ingredients in food processor until emulsified.
6. Arrange 1 half stuffed tomato on plate with 3 ounces of asparagus. Drizzle lemon vinaigrette over asparagus and garnish with egg yolks.

Chef Notes

Can be served on a bed of greens.

Serving: ½ fresh tomato stuffed with ½ c egg mixture; 3 oz asparagus; 1 tablespoon lemon vinaigrette drizzle



Egg Salad Florentine

Prep time: 25 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Safest Choice™ pasteurized shell eggs	24 ea	48 ea	96 ea	144 ea	200 ea	300 ea	400 ea
Spinach (blanched, drained, chopped)	1 lb	2 lb	4 lb	6 lb	8 lb	12 lb	16 lb
Yellow onions (peeled and diced brunoise)	8 oz	1 lb	2 lb	3 lb	4 lb	6 lb	8 lb
Garlic (peeled and mashed into puree)	1 tsp	2 tsp	4 tsp	2 Tbsp	2 ½ Tbsp	4 Tbsp	5 Tbsp
Parmesan cheese (shredded)	4 oz	8 oz	1 lb	1 ½ lb	2 lb	3 lb	4 lb
Dijon mustard	2 Tbsp	¼ c	½ c	¾ c	1 c	1½ c	2 c
Mayonnaise (reduced fat)	1 ½ c	3 c	6 c	9 c	12 ½ c	19 c	25 c
Salt & pepper to taste							

Method of Preparation

1. Put the eggs in a sauce pan with enough cold water to cover. Boil for 15 minutes and remove from heat. Drain the eggs and allow to cool under cold running water. Remove the shells and dice the egg.
2. Combine the eggs, spinach, onions, garlic, and Parmesan cheese.
3. Fold in the mustard and mayonnaise.
4. Season with salt & pepper to taste (optional).
5. Allow 4.5 ounces per serving. Serve as sandwich or salad plate.

Chef Notes

Serve on a croissant for lunch or sliced baguettes for canapés.

Serving: 4.5 ounce serving



California Nicoise Salad with Hardboiled Eggs

Prep time: 45 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Safest Choice™ pasteurized shell eggs	18 ea	36 ea	72 ea	108 ea	150 ea	225 ea	300 ea
Red bell peppers (julienne & roasted)	12 oz	1 ½ lb	3 lb	4 ½ lb	6 ¼ lb	9 ½ lb	12 ½ lb
Yellow onion (julienne & roasted)	5 oz	10 ½ oz	21 oz	32 oz	2 ¾ lb	4 ¼ lb	5 ½ lb
Arugula (rinsed clean)	3 oz	6 oz	13 oz	1 ¼ lb	1 ¾ lb	2 ¾ lb	3 ½ lb
Bibb lettuce (chopped and rinsed clean)	3 oz	6 oz	13 oz	1 ¼ lb	1 ¾ lb	2 ¾ lb	3 ½ lb
Sweet potato chips (frozen or fresh)	1 lb	2 lb	4 lb	6 lb	8 ¼ lb	12 ½ lb	16 ½ lb
Green beans (blanched & sautéed al dente)	1 lb	2 lb	4 lb	6 lb	8 ¼ lb	12 ½ lb	16 ½ lb
Avocado salsa:							
Avocado (diced)	3 ea	5 ea	10 ea	16 ea	22 ea	33 ea	44 ea
Tomatoes (diced)	10 oz	21 oz	2 ½ lb	4 lb	5 ½ lb	8 ¼ lb	11 lb
Garlic (peeled and mashed into a purée)	1/2 tsp	1 ¼ tsp	2 ½ tsp	1 Tbsp	1 ½ Tbsp	2 Tbsp	3 Tbsp
Cilantro	1 oz	2 ½ oz	5 oz	8 oz	10 oz	1 lb	20 oz
Olive oil	¼ c	½ c	1 c	1 ½ c	2 c	3 c	4 c
Lemon juice	4 tsp	8 tsp	1/3 c	½ c	¾ c	1 1/8 c	1 ½ c
Salt & pepper to taste							

Method of Preparation

1. Put the eggs in a sauce pan with enough cold water to cover. Boil for 15 minutes and remove from heat. Drain the eggs and allow to cool under cold running water. Remove the shells and quarter the egg.
2. Prepare avocado salsa by combining all ingredients and set aside in cooler until ready for use.
3. Roast peppers and onions until al dente and set aside until ready for use.
4. Chop and rinse greens.
5. Fry frozen or fresh sweet potatoes. Drain.
6. Combine greens with avocado salsa. Arrange or garnish with eggs, roasted bell peppers & onions, green beans, and sweet potatoes.

Chef Notes

Can be served as large salad or prepared to order as an action station.

Serving: One 7" salad with greens, avocado salsa, eggs, roasted bell peppers & onions, green beans and sweet potato chip garnish



Egg Salad & Smoked Salmon Canapés

Prep time: 25 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Safest Choice™ pasteurized shell eggs	20 ea	40 ea	80 ea	120 ea	167 ea	250 ea	334 ea
Mayonnaise (light)	½ c	1 c	2 c	3 c	4 c	6 c	8 c
Whole grain mustard	4 tsp	8 tsp	1/3 c	½ c	¾ c	1 1/8 c	1½ c
Watercress (rinsed with stems removed & chopped)	1 lb	2 lb	4 lb	6 lb	8 lb	12 lb	16 lb
Smoked Salmon	2 ¼ lb	4 ½ lb	9 lb	13 ½ b	18 ¾ lb	28 ¼ lb	37 ½ lb
Marble rye bread	6 sl	12 sl	24 sl	36 sl	50 sl	75 sl	100 sl
Salt & pepper to taste							

Method of Preparation

1. Put the eggs in a sauce pan with enough cold water to cover. Boil for 15 minutes and remove from heat. Drain the eggs and allow to cool under cold running water. Remove the shells and dice the eggs.
2. Combine the eggs, mayonnaise, mustard, salt & pepper.
3. Fold in the watercress.
4. Slice the smoked salmon into 2 oz portions.
5. Toast bread and cut the slices into quarters or half (depending on size of loaf)
6. Prepare by first placing smoked salmon on bread, placing egg salad on top. Allow two portions per person (the equivalent of 1/2 slice of bread).

Chef Notes

Garnish with fresh berries.

Serving: ½ Slice Bread; 1/3 c of Egg Salad



Gyro with Egg & Yogurt Tzatziki Sauce

Prep time: 45 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Gyro meat - lamb & beef (thinly sliced)	2 ¼ lb	4 ½ lb	9 lb	13 ½ lb	18 ¾ lb	28 ¼ lb	37 ½ lb
Marjoram - dried	1/4 tsp	1/2 tsp	1 tsp	1 ½ tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp
Yellow onion (dice and sauté)	8 oz	1 lb	2 lb	3 lb	4 lb	6 lb	8 lb
Safest Choice™ pasteurized shell eggs, beaten	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Spinach (wash and drained)	8 oz	1 lb	2 lb	3 lb	4 lb	6 lb	8 lb
Tomatoes (sliced and cut in half)	1 lb	2 lb	4 lb	6 lb	8 lb	12 lb	16 lb
Pita bread (warm)	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Salt & pepper to taste							
Tzatziki Sauce:							
Low-fat yogurt	24 oz	3 lb	6 lb	9 lb	12 ½ lb	18 ¾ lb	25 lb
Medium cucumber (peeled, seeded, finely diced)	2 ea	4 ea	8 ea	12 ea	17 ea	25 ea	34 ea
Garlic (finely minced)	¼ tsp	½ tsp	1 tsp	1 ½ tsp	2 tsp	1 Tbsp	1 ½ Tbsp
Lemon juice	2 Tbsp	1/4 c	1/2 c	¾ c	1 c	1 ½ c	2 c
Mint leaves (finely minced)	1 oz	2 oz	4 oz	6 oz	8 ¼ oz	12 ½ oz	1 lb
Green onion (chopped)	1 oz	2 oz	4 oz	6 oz	8 ¼ oz	12 ½ oz	1 lb
Kosher salt	1 pinch	1/8 tsp	¼ tsp	3/8 tsp	½ tsp	¾ tsp	1 tsp

Method of Preparation

1. Prepare tzatziki sauce by combining yogurt, cucumbers, garlic, lemon juice, mint leaves, green onion, and kosher salt.
2. Sauté gyro meat and marjoram over medium heat. Remove from the pan and hold at 140°F or above.
3. Add onions to the pan and sauté until al dente. Then add eggs and gently fold until they are cooked but still wet.
4. Wilt the spinach.
5. Place gyro meat, eggs, spinach, then tomato slices on single pita.
6. Garnish with tzatziki sauce.

Chef Notes

Serve with tabouleh salad.

Serving: 1 Gyro; 2 oz Sauce



Mediterranean Frittata

Prep time: 30 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Tomatoes for concasse (dice or rough chop)	2 lb	4 lb	8 lb	12 lb	16 lb	25 lb	33 lb
Safest Choice™ pasteurized shell eggs	24 ea	48 ea	96 ea	144 ea	200 ea	300 ea	400 ea
Water	¼ c	½ c	1 c	1 ½ c	2 c	3 c	4 c
Basil - fresh (chiffonade - cut into long, thin strips)	2 oz	4 oz	8 oz	12 oz	1 lb	1 ½ lb	2 lb
Clarified butter	¾ c	1 ½ c	3 c	4 ¼ c	6 c	9 c	12 c
Shallot, diced	8 oz	1 lb	2 lb	3 lb	4 lb	6 lb	8 lb
Mozzarella cheese	6 oz	12 oz	1 ½ lb	2 ¼ lb	3 ¼ lb	4 ½ lb	6 ½ lb
Salt & pepper to taste							

Method of Preparation

1. Preheat oven to 400°F.
2. *Concasse*: Blanch tomatoes, remove peeling and seeds; dice; then set aside.
3. Whisk together the eggs, water, half of the basil, salt & pepper. (Reserve half of the basil for garnish.)
4. Over medium heat, place clarified butter in pan.
5. Sauté shallots until al dente, then pour egg mixture in pan and cook until the edges are golden brown.
6. Top with cheese then place in oven and cook until frittata is golden brown on top.
7. Garnish with tomato concasse and fresh basil.

Chef Notes

Serve with chorizo, bell peppers, and roasted new potatoes.

Serving: One, two-egg frittata.



Cornmeal Crusted Trout with Poached Eggs

Prep time: 45 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Trout (deboned, 5 oz raw each)	3 lb	6 lb	12 lb	18 lb	25 lb	37 ½ lb	50 lb
Cornmeal	1 lb	2 lb	4 lb	6 lb	8 ¼ lb	12 ½ lb	16 ½ lb
Olive oil (enough for sauté, coating bottom of pan)							
Water (heated to a simmer), for eggs	2 qt	1 gal	1 ½ gal	2 gal	2 gal 3 qt	4 gal	5 ½ gal
White vinegar	6 oz	1 c	1 ¼ c	1 ½ c	2 c	3 c	4 c
Safest Choice™ pasteurized shell eggs	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Shiitake mushrooms (julienne and lightly sautéed)	1 lb	2 lb	4 lb	6 lb	8 lb	12 lb	16 lb
Wilted spinach	2 lb	4 lb	8 lb	12 lb	16 ½ lb	24 ¾ lb	33 lb
Roasted red pepper dressing:							
Roasted red peppers	10 oz	1 ¼ lb	2 ½ lb	3 ¾ lb	5 ¼ lb	7 ¾ lb	10 ½ lb
Garlic, minced	½ tsp	1 tsp	2 tsp	1 Tbsp	1 ½ Tbsp	2 Tbsp	3 Tbsp
Fresh lime juice	1 oz	2 oz	¼ c	¾ c	1 c	1 ½ c	2 c
Olive oil	2 oz	½ c	1 c	1 ½ c	2 c	3 c	4 c
Parsley	1 oz	2 oz	4 oz	6 oz	8 oz	12 oz	1 lb

Method of Preparation

1. Dredge the trout in cornmeal until coated on both sides. When oil is hot, sauté trout until golden brown or cooked through.
2. For roasted red pepper dressing, combine all ingredients in food processor until emulsified.
3. In a poaching pan or roasting pan, combine the water and vinegar and bring to a simmer. Crack the eggs separately into a cup, and slide them into the simmering liquid. Poach for 3-5 minutes; then remove with a skimmer.
4. Sauté mushrooms then add spinach until wilted.
5. Per one serving arrange 1 trout, one poached egg, and 4 ounces of spinach and mushrooms on plate. Garnish with roasted red pepper dressing.

Serving: One 4-oz piece of trout, 1 poached egg with dressing



Egg Rolls with Cider Mustard Sauce

Prep time: 1 hr

Ingredients	Servings						
	12	24	48	72	100	150	200
Arborio Rice	9 oz	18 oz	2 ¼ lb	3 ½ lb	4 ¾ lb	7 ¼ lb	9 ½ lb
Water	18 oz	1 qt	2 ¼ qt	3 ½ qt	1 ¼ gal	1 ¾ gal	2 ½ gal
Ground sausage	12 oz	24 oz	3 lb	4 ½ lb	6 ¼ lb	9 ½ lb	12 ½ lb
Apples - slightly tart (diced with skin on, diced)	3 ea	6 ea	12 ea	18 ea	25 ea	37 ea	50 ea
Onions (fine dice)	8 oz	1 lb	2 lb	3 lb	4 lb	6 lb	8 lb
Fresh sage	1 oz	2 oz	4 oz	6 oz	8 oz	12 oz	1 lb
Bean sprouts (canned)	2 oz	4 oz	8 oz	12 oz	16.5 oz	22 oz	32 oz
Bok choy (chopped)	4 oz	8 oz	1 lb	1 ½ lb	2 lb	3 lb	4 lb
Safest Choice™ pasteurized shell eggs, beaten	6 ea	12 ea	24 ea	36 ea	50 ea	75 ea	100 ea
Egg roll wraps	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Safest Choice™ pasteurized shell eggs, beaten (for wash)	1 ea	2 ea	4 ea	6 ea	8 ea	12 ea	16 ea
For mustard sauce:							
Apple cider	1 c	2 c	1 qt	1 ½ qt	2 qt	3 qt	4 qt
Dijon mustard	1 ½ Tbsp	3 Tbsp	6 Tbsp	½ c	¾ c	1 ¼ c	1 ½ c

Method of Preparation

1. Cook rice in water until water has been absorbed, about 25 minutes. Hold at 135°F or higher.
 2. In a sauté pan brown sausage; drain. Add apples and onions.
 3. Once apples are al dente, add sage, bean sprouts, and bok choy. Sauté until bok choy is wilted. Allow mixture to cool.
 4. In a separate pan, cook eggs until firm but wet.
 5. Brush each egg roll wrap with egg wash, then place cooked egg and sausage mixture in center.
 6. Fold and roll egg roll. Fry in hot oil.
- For sauce, heat apple cider over medium heat then add mustard until combined
7. Serve with Arborio rice and cider mustard sauce.

Serving: 1 Egg Roll, ¾ c Rice, 2 Tbsp Mustard Sauce



Fiesta Egg Burrito

Prep time: 20 minutes

Ingredients	Servings						
	12	24	48	72	100	150	200
Safest Choice™ pasteurized shell eggs, beaten	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea
Water	¼ c	½ c	1 c	1 ½ c	2 c	3 c	4 c
Anaheim pepper (diced)	6 oz	12 oz	1 ½ lb	2 ¼ lb	3 ¼ lb	4 ½ lb	6 ¼ lb
Red bell pepper (diced)	8 oz	1 lb	2 lb	3 lb	4 ¼ lb	6 ½ lb	8 ½ lb
Yellow onion (diced)	8 oz	1 lb	2 lb	3 lb	4 ¼ lb	6 ½ lb	8 ½ lb
Corn - fresh or frozen thawed (diced)	8 oz	1 lb	2 lb	3 lb	4 ¼ lb	6 ½ lb	8 ½ lb
Mozzarella and cheddar cheese blend	6 oz	12 oz	1 ½ lb	2 ¼ lb	3 ¼ lb	4 ¾ lb	6 ¼ lb
Fresh cilantro, rinsed and chopped	1 oz	2 oz	4 oz	6 oz	8 ¼ oz	12 ½ oz	16 ½ oz
Salt & pepper to taste							
Olive oil for vegetable sauté (approx.)	1 Tbsp	2 Tbsp	1/4 c	6 Tbsp	½ c	¾ c	1 c
10" flour tortilla (warm)	12 ea	24 ea	48 ea	72 ea	100 ea	150 ea	200 ea

Method of Preparation

1. In a sauté pan with olive oil over medium heat, add peppers, onions, and corn. Once cooked, remove from the pan.
2. Whisk eggs with water until froth forms on top.
3. Using same sauté pan, cook eggs, folding with spatula until firm but wet.
4. Season eggs with cilantro; salt and pepper to taste.
5. On the tortilla shell place eggs and vegetables. Then top with cheese.
6. Roll burrito and cut in half on the bias.

Chef Notes

Serve with grits.

Serving: 1-10" Burrito

