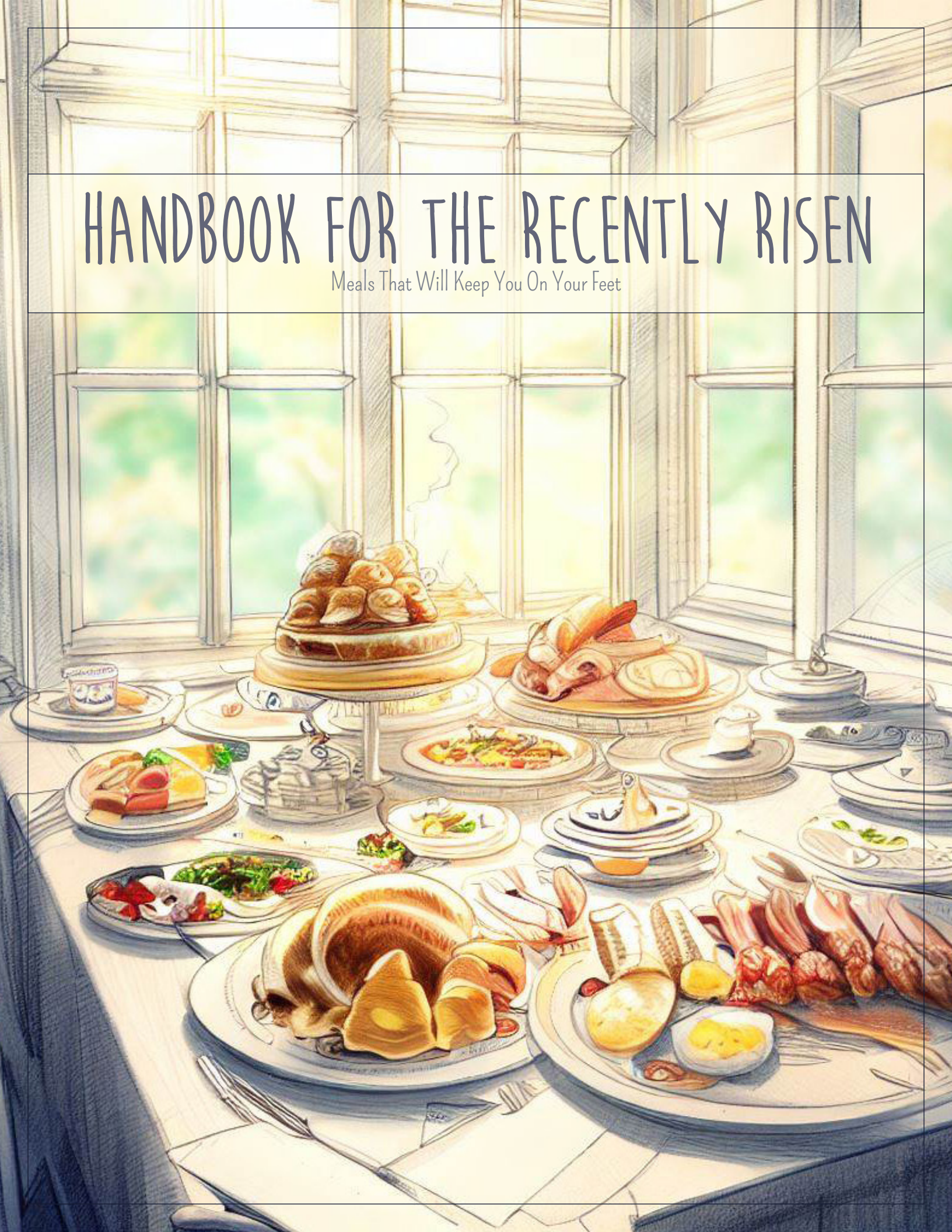
HANDBOOK FOR THE RECENTLY RISEN

Meals That Will Keep You On Your Feet



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EGG DISHES

Eggs Benedict

Prep Time: 15 mins ~ Cook Time: 15 mins ~ Total Time: 30 mins ~ Servings: 4

Ingredients

Hollandaise Sauce

4 egg yolks
3 ½ tablespoons lemon juice
1 tablespoon water
½ teaspoon Worcestershire sauce
1 pinch ground white pepper
1 teaspoon hot water
1 cup butter, melted

Eggs Benedict

¼ teaspoon salt
1 teaspoon distilled white vinegar
8 eggs
8 strips Canadian-style bacon
4 English muffins, split
2 tablespoons butter, softened

Directions

Hollandaise Sauce: Whisk egg yolks, lemon juice, 1 tablespoon of water, Worcestershire sauce, and white pepper in the top of a double boiler over simmering water. Add melted butter, while whisking yolks constantly. If Hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all of the butter is incorporated. Whisk in salt, then remove from heat. Place a lid on the pan to keep sauce warm.

Cook the eggs: Fill a large saucepan with 2 to 3 inches of water and bring to a boil. Reduce heat to medium-low, pour in vinegar, and keep water at a gentle simmer. Crack an egg into a small bowl then gently slip egg into simmering water, holding the bowl just above the surface of water. Repeat with the remaining eggs. Cook eggs until whites are firm and yolks have thickened but are not hard, 2 1/2 to 3 minutes. Remove eggs from water with a slotted spoon.

English Muffins: Brown bacon in a medium skillet over medium-high heat, toast English muffins and spread with butter and with a slice of bacon, followed by one poached egg. Place 2 muffins on each plate and drizzle with Hollandaise sauce. Sprinkle with chopped chives and serve immediately.

Spinach Quiche

Prep time: 15 minutes ~ Cook Time: 55 minutes ~ Total Time: 1 hour ~ Servings: 4

Ingredients

½ package spinach chopped
3 ounces flavored feta cheese
1 cup shredded cheddar cheese
4 oz mushrooms
½ teaspoon garlic powder
1 9-inch unbaked deep-dish pie crust,
2 large eggs
½ cup egg substitute
1 cup milk
2 scallions or green onions
pepper to taste

Instructions

Preheat oven to 375°F.

In a medium bowl, toss together spinach, green onions, feta, cheddar, pepper to taste, and garlic powder.

Spoon mixture evenly into the pie crust.

Add eggs, egg substitute, and fat-free half-and-half to large mixing bowl, and beat on medium speed until combined. Pour into the pie crust, letting the spinach mixture combine nicely with the egg mixture. Sprinkle in sliced mushrooms.

Bake until center of quiche is cooked throughout (about 50-55 minutes). Let stand 5 minutes before serving.

WESTERN OMELETTE

PREP TIME: 20 minutes ~ COOK TIME: 30 minutes ~ TOAL TIME: 50 minutes ~ SERVINGS: 4

INGREDIENTS

1 Tbsp. butter
3 large eggs
½ cup onion (finely chopped)
¼ cup red/green bell pepper (finely diced)
¼ cup cooked ham (chopped)
¼ cup sharp cheddar cheese
1 Tbsp. butter
3 large eggs
½ cup onion (finely chopped)
¼ cup red/green bell pepper (finely diced)
¼ cup cooked ham (chopped)
¼ cup sharp cheddar cheese
salt, pepper to taste

INSTRUCTIONS

In a medium bowl beat the eggs well. Set aside.
In an 8 inch skillet, melt 1 tbsp of butter. Add in the onion and saute until tender.
Add in the bell peppers and fry until the onions are softened to your liking and the bell peppers are tender crisp.
Add the ham and cook for one more minute, stirring.
Pour the eggs mixture over top of the fried ham/vegetables mixture.
Turn down the stove heat to low and cover with a lid for about 4-5 minutes.
Once the eggs are solid and cooked almost through, flip the entire circle and cook for one more minute.
Place the cheese on one side of the omelette and fold over the omelette into a half circle shape.
Let the cheese melt inside then serve.

Vegetable Frittata

Prep time: 10 minutes ~ Cook Time: 1 hour ~ Total Time: 1 hour 10 minutes ~ Servings: 6-8

Ingredients

1 Tbsp coconut oil
3 to 4 cups seasonal vegetables, such as Summer squash, Zucchini, Kale, Spinach, and/or Broccoli
1 medium Yellow Onion, thinly sliced
½ red bell pepper, diced
2 Garlic cloves, minced
6 whole Eggs
½ cup unsweetened Coconut Milk
¼ cup chopped fresh herbs, such as Chives, Basil, and/or Parsley
1 tsp Sea Salt

Instructions

Preheat the oven to 350°F.

Heat a large ovenproof sauté pan, over medium-high heat. Melt the coconut oil, then add the vegetables and onion. Saute, stirring occasionally until soft. Add the garlic and continue stirring for another minute or two.

While the vegetables are cooking, in a medium bowl whisk together the eggs, milk, herbs, and salt.

Pour the egg mixture into the pan with the vegetables, then transfer the pan to the preheated oven.

Bake for about 15 to 25 minutes (the size of the pan will determine how long it takes in the oven). Once the center is firm or "set," (knife in center comes out clean) remove the pan from the oven and serve the frittata either warm or at room temperature.

BREADS AND PASTRIES

Strawberry Belgian Waffles

Prep time: 10 minutes ~ Cook Time: 30 minutes ~ Total Time: 40 minutes ~ Servings: 6-8

Ingredients

Waffles

2 eggs
2 cups flour
1 ¾ cups milk
½ cup vegetable oil or ½ cup melted butter
4 tablespoons sugar
4 teaspoons baking powder
2 teaspoons cinnamon
¼ teaspoon salt
1 ½ teaspoons vanilla

Strawberry Topping

½ lb strawberry

Whipped Cream

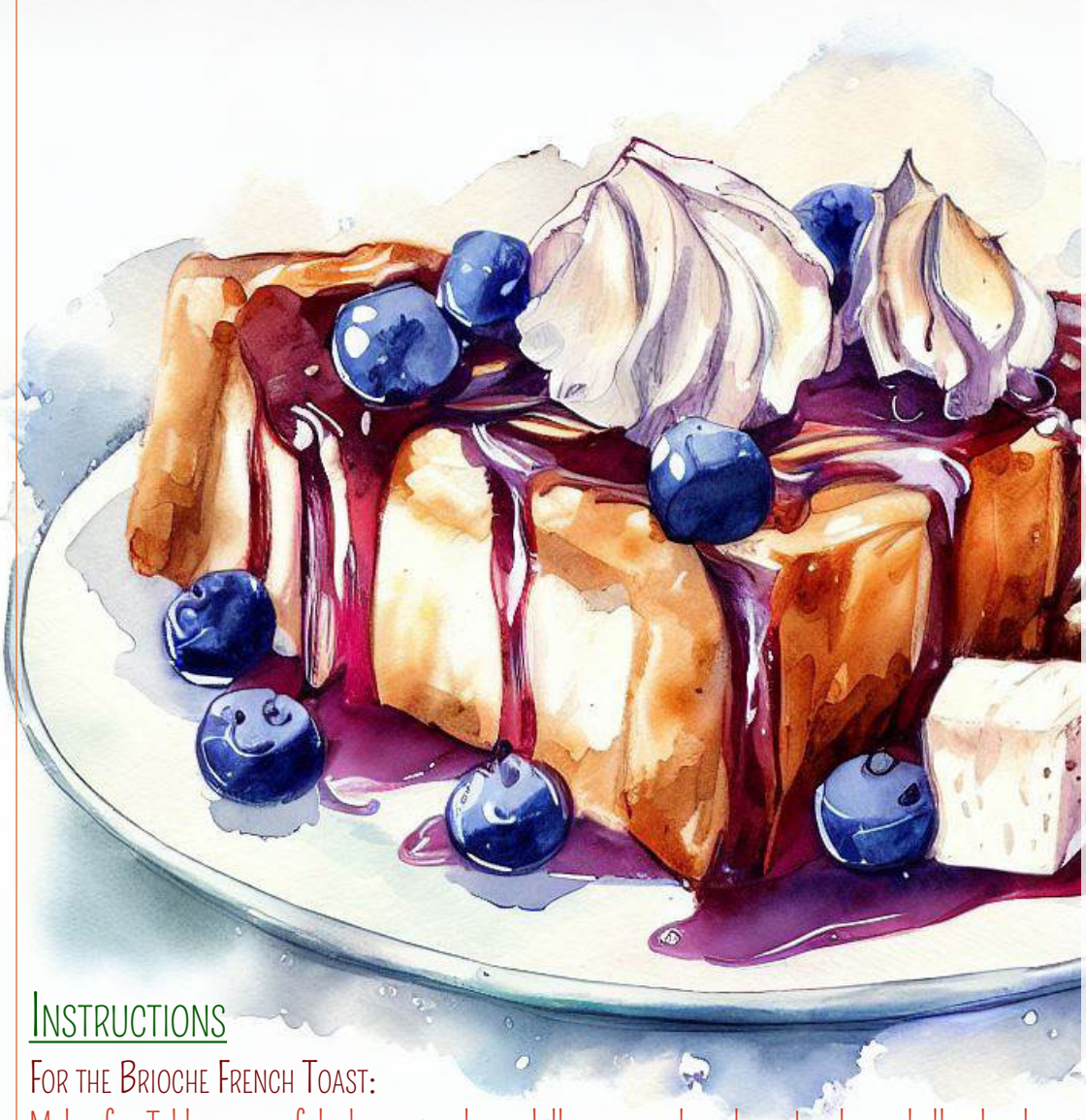
1 cup heavy whipping cream
2 tablespoons sugar

Instructions

Remove stems from strawberries and cut up. Take 1/2 of the strawberries and puree in food processor or blender.
Preheat waffle iron. Separate eggs. Beat egg whites until they peak. Beat egg yolks in large bowl until smooth.
Add flour, milk, vegetable oil, sugar, baking powder, salt, cinnamon and vanilla to egg yolks and beat just until smooth.
Fold in egg whites. Spray preheated waffle iron with non-stick cooking spray.
Pour mix into hot waffle iron. Cook until golden brown. Put sugar into a cold mixing bowl and add cold whipping cream.
Whisk until the cream gets stiff peaks. Drizzle waffles with strawberry puree and top with strawberries.
Place whipped cream on top of waffles.

Blueberry Brioche French Toast

Prep time: 10 minutes ~ Cook Time: 20 minutes ~ Total Time: 30 minutes ~ Servings: 4



Ingredients

Brioche French Toast:

½ cup butter
3 large eggs plus 2 large egg yolks
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
3 tablespoons sugar
¼ cup milk
½ cup heavy cream
2 teaspoons vanilla extract
8 slices brioche

For the Blueberry Compote:

2 cups blueberries, fresh or frozen
¼ cup maple syrup
¼ cup lemon juice
1 Tablespoon cornstarch

For the Brown Butter:

½ cup unsalted butter
¼ cup maple syrup
½ teaspoon ground cinnamon

Instructions

For the Brioche French Toast:

Melt a few Tablespoons of the butter in a large skillet over medium-heat. In a large shallow bowl or pie plate, whisk the eggs and egg yolks until well combined. Add in the cinnamon, nutmeg, and sugar, and whisk until well combined. Whisk in the milk, heavy cream, and vanilla. Dip each slice of brioche into the egg mixture, making sure both sides are well coated. Cook until golden brown, about 3 minutes. Flip and cook another 3 to 4 minutes. Serve warm, with blueberry compote and brown butter sauce!

For the Blueberry Compote:

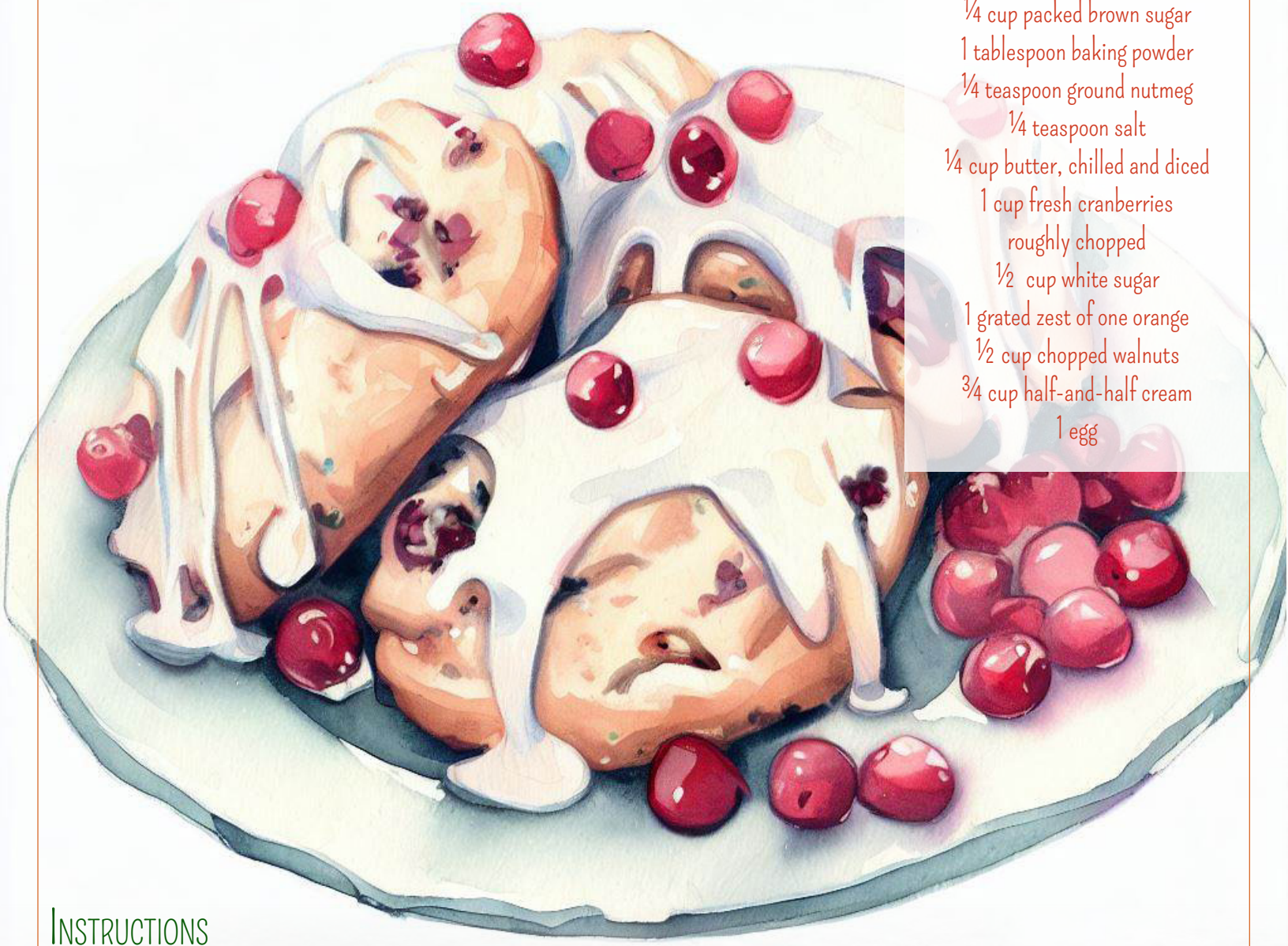
In a small saucepan, combine 1 cup of the blueberries, maple syrup, and lemon juice. Cook over a medium heat for about 10 minutes, or until the blueberries have begun to burst and the juice is slightly thickened. In a small bowl combine cornstarch and 1 Tablespoon of water, whisk until smooth. Gradually stir into berry mixture. Bring back to a boil and cook, stirring constantly, for about 2 minutes, or until thickened. Add the rest of the blueberries and cook for 5 more minutes, stirring frequently. Spoon over French toast.

For the Brown Butter Sauce:

Place the butter in a small saucepan over medium-high heat. Allow the butter to completely melt, then continue cooking, swirling the pan occasionally, until the butter is deep golden brown. About 5 to 6 minutes. Stir in the maple syrup and cinnamon. Drizzle over French toast.

Cranberry Scones

Prep time: 20 minutes ~ Cook Time: 20 minutes ~ Total Time: 40 minutes ~ Servings: 12



Ingredients

2 cups all-purpose flour
¼ cup packed brown sugar
1 tablespoon baking powder
¼ teaspoon ground nutmeg
¼ teaspoon salt
¼ cup butter, chilled and diced
1 cup fresh cranberries
roughly chopped
½ cup white sugar
1 grated zest of one orange
½ cup chopped walnuts
¾ cup half-and-half cream
1 egg

Instructions

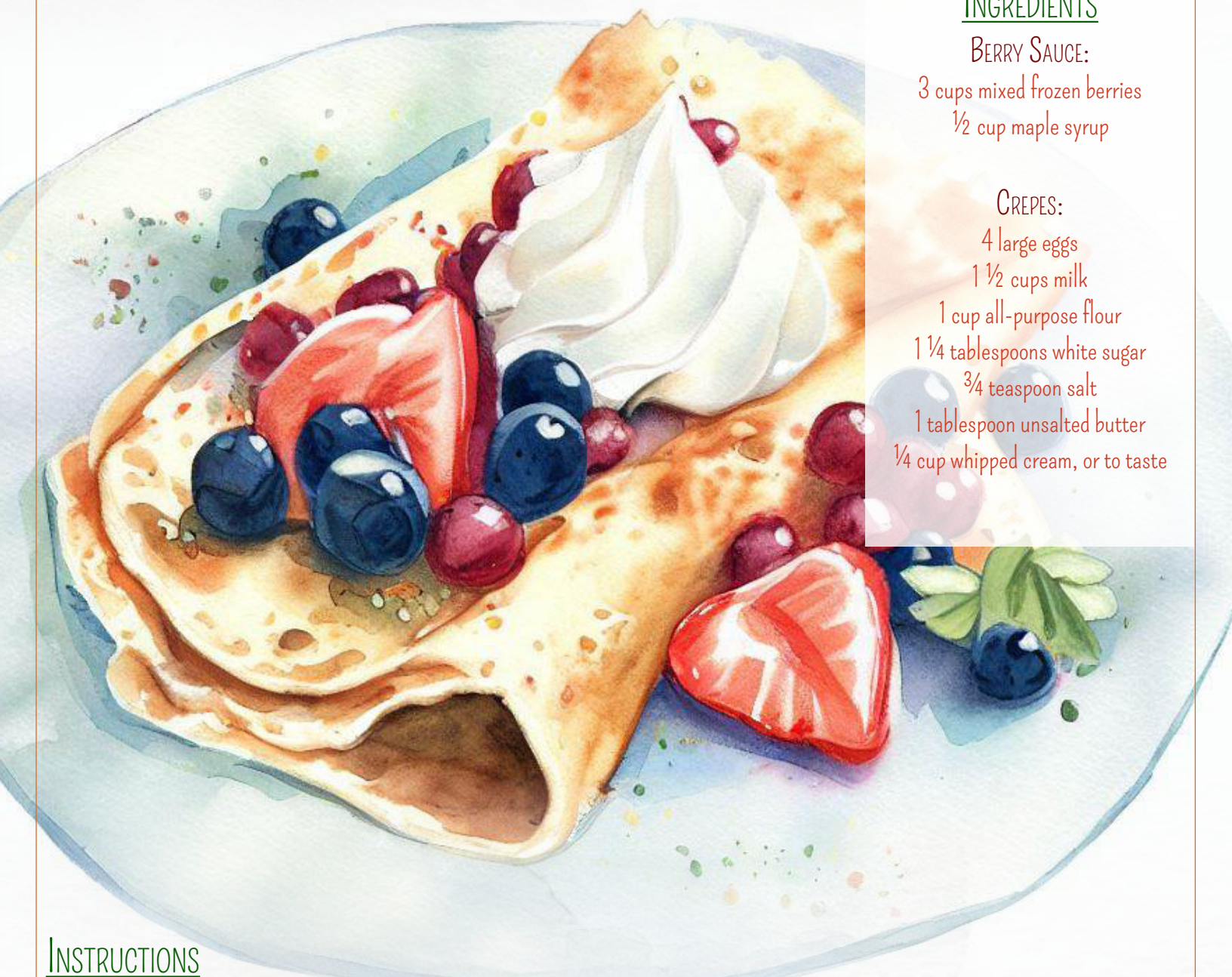
Preheat oven to 375 degrees F

In a large bowl, stir together flour, brown sugar, baking powder, nutmeg and salt. Cut in butter until mixture resembles coarse crumbs.
In a separate bowl, toss cranberries with sugar; add to flour mixture along with orange peel and nuts. Mix lightly.
In another bowl, beat together cream and egg; slowly pour into dry ingredients, mixing with rubber scraper until dough forms. Knead dough 4 or 5 times, being careful not to over handle. Divide dough in half. Turn out onto lightly floured surface. Shape each half into a 6 inch circle. Cut each circle into 6 wedges. Place scones on lightly greased baking sheets.

Bake in preheated oven until golden brown, about 20 minutes.

Mixed Berry Crepes with Mascarpone

Prep time: 15 minutes ~ Cook Time: 15 minutes ~ Total Time: 30 minutes ~ Servings: 12



Ingredients

Berry Sauce:

3 cups mixed frozen berries
½ cup maple syrup

Crepes:

4 large eggs
1 ½ cups milk
1 cup all-purpose flour
1 ¼ tablespoons white sugar
¾ teaspoon salt
1 tablespoon unsalted butter
¼ cup whipped cream, or to taste

Instructions

Cook frozen berries and maple sauce for sauce in a saucepan over medium-high heat. Cook, stirring occasionally, until fruit has defrosted and mixture is gently boiling, about 10 minutes. Reduce heat to medium and mash berries with a potato masher until sauce reaches desired consistency.

While the sauce is cooking, beat eggs in a bowl with an electric mixer until lemon colored, 3 to 5 minutes. Stir in milk. Sift flour, sugar, and salt into the bowl and mix until batter is smooth.

Grease a skillet with butter and heat over medium heat. Drop several tablespoons batter into the hot skillet and cook until light brown on the bottom, 1 to 2 minutes. Flip and cook another 1 to 2 minutes. Remove to a plate and repeat to cook remaining crepes.

To serve, fold crepe and place on a plate. Add a big spoonful of berry sauce and top with whipped cream.

Traditional Layered French Croissants

Prep time: 2 hours 20 minutes ~ Cook Time: 25 minutes ~ Servings: 24
Total Time: 1 day 6 hours 45 minutes

Ingredients

2 tablespoons all-purpose flour
1 ½ cups unsalted butter, at room temperature
4 cups all-purpose flour, divided
½ teaspoon salt
3 tablespoons sugar
2- .25 ounce active dry yeast
¼ cup lukewarm water
1 cup milk
½ cup heavy cream
1 egg
1 tablespoon water

Instructions

Mixing: Sprinkle 2 tablespoons of flour over the butter and mix it together. Transfer butter to archment paper into a 6 inch square and chill for 2 hours. Combine 2 cups of flour with salt and sugar. Dissolve yeast in lukewarm water until frothy. Warm milk and heavy cream to lukewarm. Add yeast, milk, and cream to flour mixture and stir. Stir in remaining 2 cups of flour 1/4 cup at a time. Knead dough until smooth, chill for 1 hour.

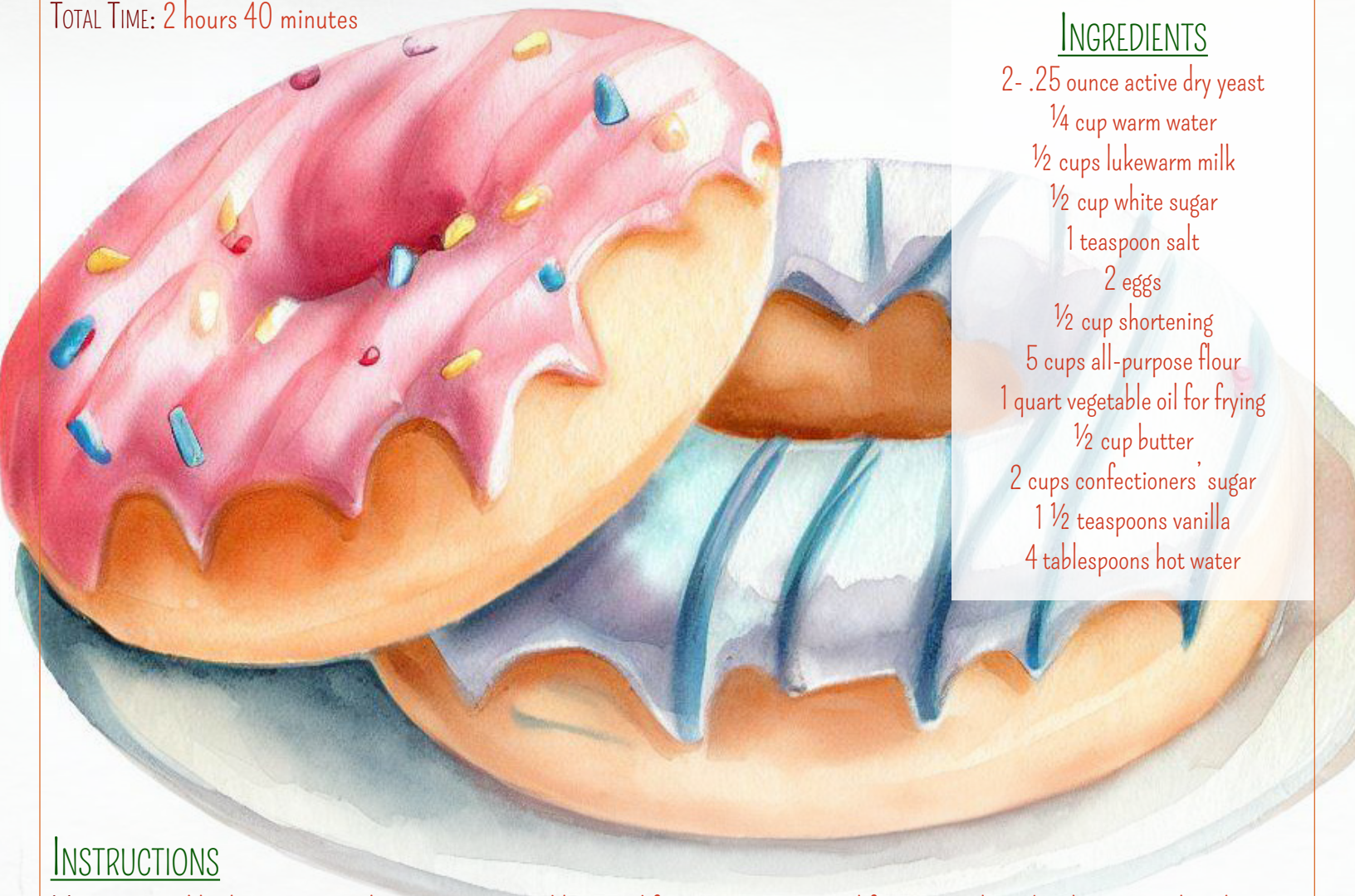
Folding: Roll room temperature dough into a 10-inch square. Set the block of butter diagonally on dough. Bring each point of dough to the center of the butter square; the edges of the dough should overlap. Pinch the edges together to seal. Starting from the center of the square and working outward, use a rolling pin to roll the dough out into a rectangle. Roll the dough into a long rectangle, approximately 8 by 18 inches. Fold the length of dough into thirds, like a business letter. Position the dough so that the open ends are at 12 and 6 o'clock. Roll the dough into a rectangle, working from the center of the dough and pressing outwards. Reposition the dough as necessary to fit your work space. You should have a long rectangle for the "book fold." Fold both ends of the dough into the middle; the ends don't have to be touching, but should be close. Fold the already-folded dough in half; it will look like a thick book. Wrap the dough well with plastic and refrigerate for 1 to 2 hours.

Shaping: Roll the dough into a 10- by 38-inch rectangle on a lightly floured work surface. It should be about 1/4 inch thick, trim the edges of the dough. Divide the rectangle in half so that you have two 5-inch wide strips of dough and place them onto parchment-lined baking sheets. Starting at the base of the triangle, roll the dough up into a log; bend in the corners to form the traditional crescent shape. Repeat with the remaining dough, allow ough to rise for 2 hours.

Baking: Preheat an oven to 425 degrees F. Brush the croissants with egg wash and bake 22 to 25 minutes.

Crispy and Creamy Doughnuts

Prep time: 10 minutes ~ Cook Time: 30 minutes ~ Servings: 18
Total Time: 2 hours 40 minutes



Ingredients

2- .25 ounce active dry yeast
¼ cup warm water
½ cups lukewarm milk
½ cup white sugar
1 teaspoon salt
2 eggs
½ cup shortening
5 cups all-purpose flour
1 quart vegetable oil for frying
½ cup butter
2 cups confectioners' sugar
1 ½ teaspoons vanilla
4 tablespoons hot water

Instructions

Mixing: Sprinkle the yeast over the warm water, and let stand for 5 minutes, or until foamy. In a large bowl, mix together the yeast mixture, milk, sugar, salt, eggs, shortening, and 2 cups of the flour. Mix for a few minutes at low speed, or stirring with a wooden spoon. Beat in remaining flour 1/2 cup at a time, until the dough no longer sticks to the bowl. Knead for about 5 minutes, or until smooth and elastic. Place the dough into a greased bowl, and cover. Set in a warm place to rise until double. Dough is ready if you touch it, and the indention remains.

Cutting: Turn the dough out onto a floured surface, and gently roll out to 1/2 inch thickness. Cut with a floured doughnut cutter. Let doughnuts sit out to rise again until double. Cover loosely with a cloth.

Icing: Melt butter in a saucepan over medium heat. Stir in confectioners' sugar and vanilla until smooth. Remove from heat, and stir in hot water one tablespoon at a time until the icing is somewhat thin, but not watery. Set aside.

Frying: Heat oil in a deep-fryer or large heavy skillet to 350 degrees F (175 degrees C). Slide doughnuts into the hot oil using a wide spatula. Turn doughnuts over as they rise to the surface. Fry doughnuts on each side until golden brown. Remove from hot oil, to drain on a wire rack. Dip doughnuts into the glaze while still hot, and set onto wire racks to drain off excess. Keep a cookie sheet or tray under racks for easier clean up.

Cinnamon Rolls with Cream Cheese Icing

Prep time: 30 minutes ~ Cook Time: 4 hours ~ Servings: 16

Ingredients

1 (¼-oz.) envelope active dry yeast
¼ cup warm water
½ cup butter, softened
1 cup granulated sugar
1 teaspoon salt
2 large eggs, lightly beaten
1 cup milk
1 tablespoon fresh lemon juice
4 ½ cups bread flour
¼ teaspoon ground nutmeg
1 cup chopped pecans
½ cup very soft butter
½ cup firmly packed light brown sugar
1 tablespoon ground cinnamon

Cream Cheese Icing

1 (3-oz.) package cream cheese
2 tablespoons butter, softened
2 ¼ cups powdered sugar
1 teaspoon vanilla extract
2 tablespoons milk

Instructions

Mixing: Combine first 3 ingredients; let stand 5 minutes. Beat 1/2 cup softened butter at until creamy. Gradually add 1/2 cup sugar and 1 tsp. salt until light and fluffy. Add eggs and next 2 ingredients until blended. Stir in yeast mixture. Combine 4 1/2 cups flour and 1/4 tsp. nutmeg and add to wet mixture. Knead until smooth and elastic. Place dough in a lightly greased bowl, cover and let rise in a warm place until doubled in bulk.

Meanwhile, preheat oven to 350°. Bake pecans until toasted and fragrant. Punch dough downand roll into a 16- x 12-inch rectangle. Spread with 1/2 cup butter, leaving a 1-inch border around edges. Stir together brown sugar, cinnamon, and remaining 1/2 cup granulated sugar, and sprinkle sugar mixture over butter. Top with pecans. Roll up dough, jelly-roll fashion, starting at 1 long side; cut into 16 slices (about 1 inch thick). Place rolls, cut sides down, in 2 lightly greased 10-inch round pans. Cover and let rise until doubled in bulk. Bake at 350° until rolls are golden brown. Brush rolls with Cream Cheese Icing. Serve immediately.

Icing: Beat first 2 ingredients at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Stir in vanilla and 1 Tbsp. milk. Add remaining 1 Tbsp. milk, 1 tsp. at a time, stirring until icing is smooth and creamy.

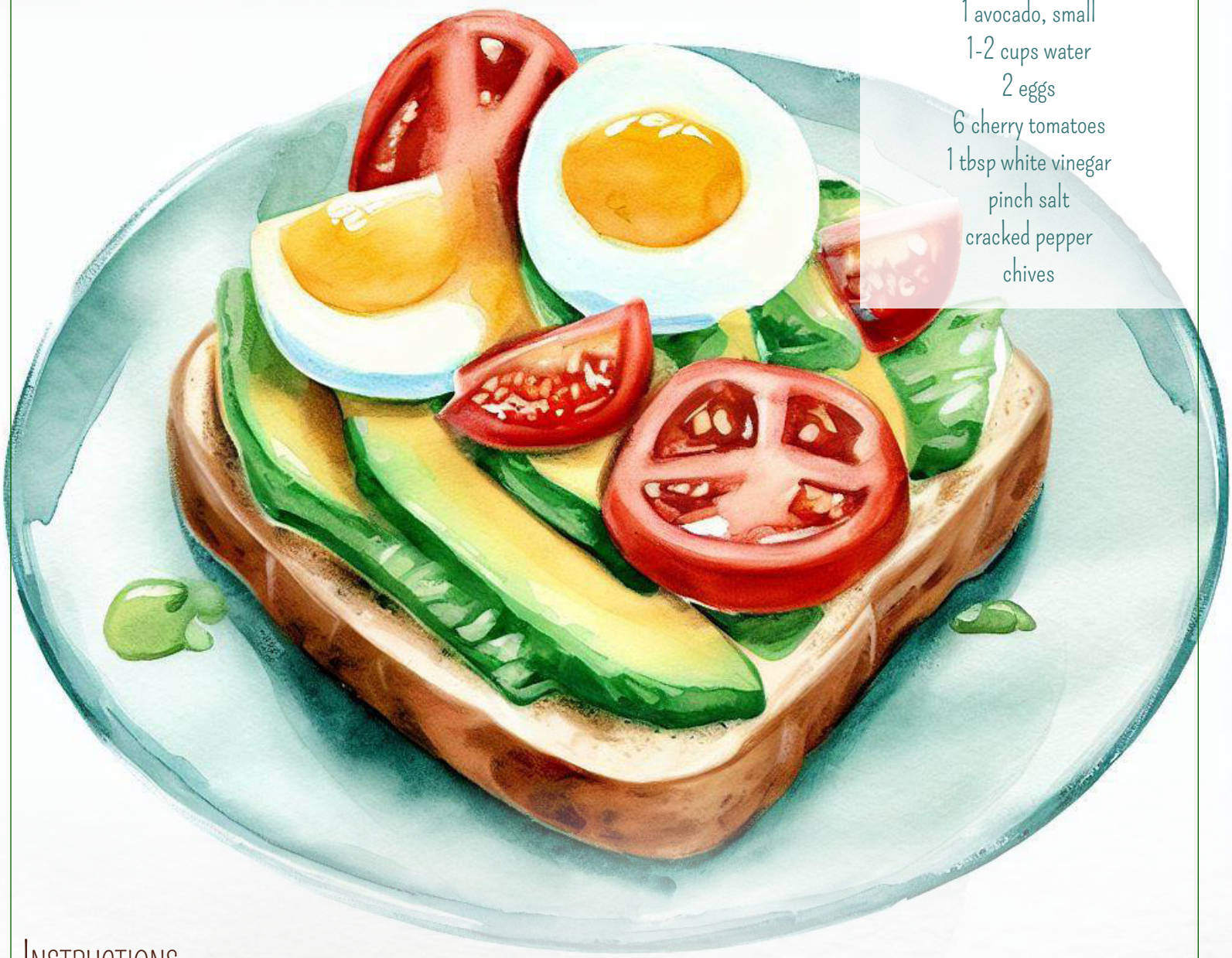
LIGHTER FARE

Avocado Toast with Tomato and Egg

Prep time: 10 minutes ~ Cook Time: 15 minutes ~ Total Time: 25 minutes ~ Servings: 2

Ingredients

2 slices sourdough bread
1 avocado, small
1-2 cups water
2 eggs
6 cherry tomatoes
1 tbsp white vinegar
pinch salt
cracked pepper
chives



Instructions

Toast the sourdough bread in a toaster until golden. Cut the avocado in half, remove the pit and scoop out the flesh into a medium bowl. Season with salt and cracked pepper. Set aside. Bring water to the boil in a small pot. Reduce heat to a gentle simmer, add the vinegar. Crack 1 egg into a small cup. Using a spoon, swirl the water in the pot to form a whirlpool. Gently drop the egg into the center of the swirling water. Allow it to cook for 3-4 minutes without allowing the water to come to a boil. As the eggs are poaching, divide and spread the mashed avocado between the 2 slices of toast. Using a slotted spoon gently lift the egg from the water and place on a sheet of kitchen paper. Repeat with remaining egg. Slice the cherry tomatoes in half and arrange on top of the mashed avocado. Roast the cherry tomatoes to intensify their sweetness. Top with poached eggs. Serve topped with a sprinkling of fresh cracked pepper and a sprinkle of fresh chopped chives.

Vanilla Berry Parfait

Prep time: 5 minutes ~ Total Time: 5 minutes ~ Servings: 2

Ingredients

2 (8 ounce) containers vanilla yogurt
1 (10 ounce) package frozen mixed berries
2 tablespoons crushed graham crackers
teaspoon ground nutmeg

Instructions

Cover the bottoms of two small glasses with a layer of yogurt. Cover layer with berries. Repeat until both glasses are full, ending with a fruit layer. Sprinkle with graham crackers and nutmeg. Top with whipped cream if desired.

Replace berries with whichever fruit you prefer!

Creamy Oatmeal with Honey

Prep time: 2 minutes ~ Cook Time: 10 minutes ~ Total Time: 12 minutes ~ Servings: 4

Ingredients

2 cups (475 ml) whole milk or non-dairy milk of choice
2 cups (475 ml) water
2 cups (160 grams) old-fashioned rolled oats
¼ cup (55 grams) brown sugar or maple syrup
½ teaspoon vanilla extract
½ teaspoon ground cinnamon
¼ teaspoon freshly grated nutmeg
Pinch of fine sea salt
To serve (optional)
Fresh or dried fruit
Honey
Chocolate chips
Nuts

Instructions

Place milk, water, oats, brown sugar or maple syrup, vanilla, cinnamon, nutmeg, and salt in a 3- to 4-quart heavy pot. Bring to a boil over high heat, stirring occasionally. Reduce the heat to maintain a simmer and cook, stirring occasionally, until the oatmeal is creamy and a little thinner than you like it (5 to 10 minutes, depending on your oats). Cool for a few minutes and serve topped with fresh or dried fruit, chocolate chips, and/or nuts, if you like.

Notes:

Old-fashioned oats (sometimes just called rolled oats) are steamed, rolled oat groats. They're a whole grain containing all the healthful parts of the oat groat. The processing helps keep them shelf-stable for long periods and also helps them cook quite quickly. Quick oats are rolled, too, but they're flatter and smaller. I prefer the heft of old-fashioned oats in this recipe, and they'll keep you full for longer as well. You can make a big batch of oatmeal and reheat in in the microwave on subsequent days. Stir in a big additional splash of milk or water before (or after) reheating.

Leftovers keep well in an airtight container in the fridge for about a week. You can also freeze it in single portions for up to a year.

Avocado Smoothie

Prep time: 5 minutes ~ Total Time: 5 minutes ~ Servings: 2

Ingredients

1 cup milk
1 ripe avocado, halved and pitted
½ cup vanilla yogurt
3 tablespoons honey
8 ice cubes

Instructions

Place milk, avocado, yogurt, and honey into a blender; add ice cubes and blend until smooth.

Notes:

Replace avocado with other fruit such as, bananas, kiwi, strawberries, etc. Whichever you prefer!

Berry Good Smoothie

Prep time: 5 minutes ~ Total Time: 5 minutes ~ Servings: 2

Ingredients

16 cubes ice
½ cup water
½ cup mixed berry fruit juice
½ cup frozen red raspberries
2 ¼ cups frozen mixed berries
¼ cup frozen blueberries

Instructions

Place water, fruit juice, frozen raspberries, frozen mixed berries and frozen blueberries into a blender; add ice cubes and blend until smooth.

Notes:

Try replacing fruit with other options and adding toppings like honey, or rasins for extra flavor!
Add chia seeds to curb hunger and add extra fiber.

Cappuccino

Prep time: 5 minutes
Cook time: 5 minutes
Total Time: 10 minutes
Servings: 1

Ingredients

For the Espresso

2 tablespoons finely ground dark roast coffee
4 ounces water

For the Foamed Milk

4 ounces milk
Cinnamon powder

Instructions

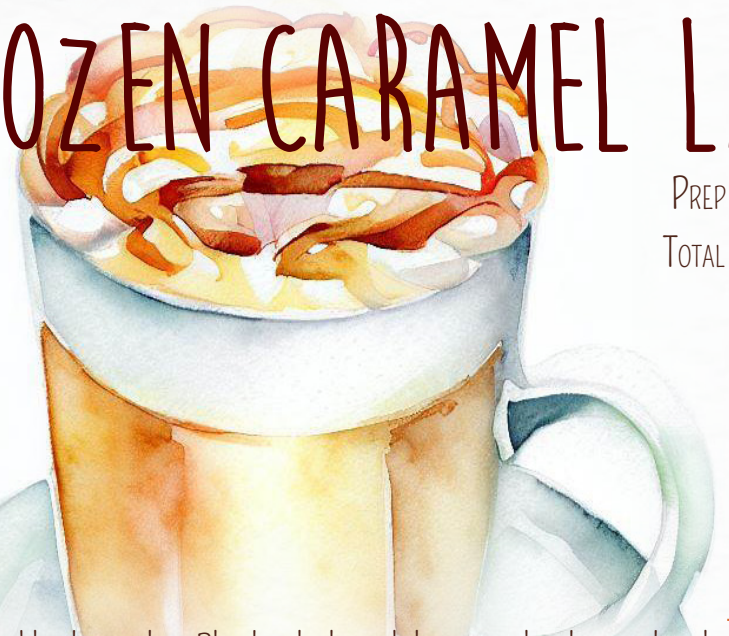
Pull a Double Shot of Espresso

Place the 2 tablespoons (2 shots) of ground coffee into the portafilter. Tamp the coffee down 2 to 3 times to make sure the grounds are packed tightly. Place the portafilter into your espresso machine pull the shot for 23 to 30 seconds.

Foam the Milk

Pour milk into small metal pitcher. Engage the steam wand on your espresso machine.Steam milk by moving the container higher and lower. Once the milk has foamed to double its size. Top the espresso with foamed milk, sprinkle with cinnamon, if preferred.

Frozen Caramel Latte



Prep time: 10 minutes
Total Time: 10 minutes
Servings: 1

Ingredients

3 fluid ounces brewed espresso
1 tablespoon caramel sauce
2 tablespoons white sugar
¾ cup milk
1 ½ cups ice cubes
2 tablespoons whipped cream

Instructions

Place the espresso, caramel sauce, and sugar into a blender pitcher. Blend on high until the caramel and sugar dissolve into the espresso. Pour in the milk and add the ice; continue blending until smooth and frothy. Top with whipped cream to serve.

Recipes are Credit to the Various Chefs on All Recipes.
Tremendous Thanks to Bing Image Creator for the Wonderful Watercolor Images.
Credit to Denise Bentulan for the Font Moon Flower and Karolina Lach for the Font Pompiere.