

Eggs:

Casseroles, Frittatas, Omelets & More



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Frittata

Say what? It's pretty much an Italian quiche in a sense. Think quiche without the crust, it's often made in a cast iron skillet. Oh, and you can put nearly anything in one of these and it will be good. Here are a couple of our favorites, except we're baking them. Why? So you can sort of put them on autopilot during breakfast.

But if you like, then by all means cook them in a skillet. The key to skillet cooking is remembering that it's not just a big omelet. It's a biiiiiig omelet, so it could burn on the outside while the inside is still raw and runny. And although there's a couple of guys who put raw eggs in their smoothies, nobody wants a runny egg omelet. Except a guy I know in Chicago.

So, cook on the low temp side. Stir a bit until the eggs set like you would a French omelet, and then let them set up. Finish it off in a hot oven to do the top.

FOR BAKING: a word on pan prep. If you use a black skillet, make absolutely sure it won't stick. If you use a cake pan, cut a round of parchment paper, spray the sides of the pan with food spray, then place the paper in the bottom of the pan and you're good to go.

Yield for each recipe:..... a single 9" cake pan (cut into 8 portions)

All-American Frittata

10	each	eggs, cracked in a medium mixing bowl
½	cup	milk
½	tsp	salt
½	tsp	black pepper
1	each	onion, small, thin sliced
2	each	leftover baked potatoes, halved and sliced about 1/4" thick
1	cup	cooked, chopped bacon or diced ham (or both)
2	cups	shredded cheddar cheese

- Set oven to 325F.
- Add milk and salt to eggs and stir in.
- Sauté onions until tender and set aside.
- Sauté potatoes until crispy and set aside.
- Now combine everything into the mixing bowl. Just give a couple of stirs.
- Pour into the prepared pan and bake about 25 minutes (check earlier).
- Let stand about 5 minutes and then flip it onto a plate upside down, then:
- Flip it onto your serving tray, pan or whatever. Cut into serving portions.



Spinach & Mushroom Frittata

10	each	eggs, cracked in a medium mixing bowl
½	cup	milk
½	tsp	salt
½	tsp	black pepper
1	cup	mushrooms (like those from steak day, maybe? Hmm?)
3	cups	fresh spinach, lightly chopped so you can get it in the pan
½	cup	bacon, crispy, crumbled
1	cup	shredded cheddar cheese
¼	cup	parmesan cheese (the grated stuff is fine)

- Add the milk, salt and pepper to the eggs and blend
- Add the rest of the stuff and mix a bit. Don't go crazy mixing it in.
- Pour into a prepared pan and bake as instructed in previous directions.



Potato Sausage Frittata

10	each	eggs, cracked in a medium mixing bowl
½	cup	milk
½	tsp	salt
½	tsp	black pepper
2	cups	diced, cooked potatoes (red or russet)
1	cup	breakfast sausage from previous day, crumbled or diced
1	cup	shredded cheddar cheese

- Add milk and salt to eggs and stir in
- Deep fry the potatoes until crispy and drain well (or sauté if you prefer)
- Now combine everything into the mixing bowl and mix until just blended.
- Pour into the prepared pan and bake as previously described.

Western Frittata

10	each	eggs, cracked in a medium mixing bowl
½	cup	milk
½	tsp	salt
½	tsp	black pepper
2	cups	diced ham
1	cup	sautéed julienne peppers and onions
2	cup	shredded cheddar cheese

- Add milk and salt to eggs and stir in
- Now combine everything into the mixing bowl and mix until just blended.
- Pour into the prepared pan and bake as previously described.

Frittata Sicilian

10	each	eggs, cracked in a medium mixing bowl
½	cup	milk
½	tsp	salt
½	tsp	black pepper
1	tsp	granulated garlic
1	each	onion, small, thin sliced
1	each	bell pepper, thin sliced
1	cup	Italian sausage, cooked and crumbled
1	cup	pepperoni, chopped, cooked and drained
1	cup	shredded mozzarella
1/2	cup	grated parmesan
8	slices	tomatoes, pressed into towel to remove excess liquid

- Set oven to 325F.
- Add milk and salt to eggs and stir in.
- Sauté onions until tender and set aside.
- Combine everything except the tomatoes with egg mixture.
- Pour into the prepared pan; add tomatoes on top in a spiral pattern.
- Bake about 25 minutes (check earlier for doneness).
- Let stand about 5 minutes and then flip it onto a plate upside down, then:
- Flip it onto your serving tray, pan or whatever. Cut into serving portions.



Mini Frittata

You can also make mini frittata from any of these recipes. They look great on a serving line and the novelty will appeal to our guests. And you can serve them at lunch or dinner too. They're not just a breakfast item.

If you do want to make minis, here are a few things to keep in mind:

- Each recipe will make anywhere from 16 to 24.
- Have a couple of good muffin tins on hand – no big dings or dents.
- Make sure you prep them so nothing sticks.
- They'll bake much faster – about 15-20 minutes or so. But check them.
- Try to turn them out immediately when removing from the oven. If they stick, remove gently with a small spatula.



Quiche

Quiche (“keesh”) is pretty much a baked custard if you think about it. Eggs, milk and fillings baked in a pie crust until the eggs are set. That’s the basis for all the recipes here. A couple of notes:

- All recipes here are based on a 9 inch pie crust .
- All recipes here assume you cut it in 8 pieces – so they yield 8 servings.

Ham & Cheese Quiche

1	each	pie crust, unbaked
1	cup	milk
4	each	eggs, lightly beaten
1/4	tsp	salt
1/4	tsp	black pepper
3/4	cup	ham, diced
1	cup	cheese, shredded (cheddar or swiss)
1/4	cup	grated parmesan cheese

- Bake at 350F (if convection oven, reduce to 325)
- A nice touch to the crust is to roll a heavy edge as shown on the opposite page. Or decorate the rim as you prefer.
- Spread cheeses loosely in pie crust.
- Spread ham on top of cheese.
- In bowl, mix eggs, salt, pepper and milk.
- Pour on top of the cheese & ham.
- Bake about 40 minutes or so (may take longer).
- It will be done when the eggs are set (a toothpick inserted comes out clean) and the top is a nice golden brown. If the crust browns quickly, you can either wrap with foil or reduce heat to 325 F



Two different crust treatments for a quiche



Bacon & Cheese Quiche

1	each	pie crust, unbaked
1	cup	milk
4	each	eggs, lightly beaten
1/4	tsp	salt
1/4	tsp	black pepper
3/4	cup	bacon, cooked & crumbled
1	cup	cheese, shredded (cheddar or swiss)
1/4	cup	grated parmesan cheese

- Bake at 350F (if convection oven, reduce to 325)
- A nice touch to the crust is to roll a heavy edge as shown on the previous page. Or decorate the rim as you prefer.
- Spread cheeses loosely in pie crust.
- Spread bacon on top of cheese.
- In bowl, mix eggs, salt, pepper and milk.
- Pour on top of the cheese & bacon.
- Bake about 40 minutes or so (may take longer).
- It will be done when the eggs are set (a toothpick inserted comes out clean) and the top is a nice golden brown.

NOTE: If the crust browns quickly, you can either wrap with foil or reduce heat to 325 F

Spinach & Mushroom Quiche

1	each	pie crust, unbaked
1	cup	milk
4	each	eggs, lightly beaten
1/4	tsp	salt
1/4	tsp	black pepper
1	cup	mushrooms, sliced
1	cup	onions, thin sliced
3	cups	fresh spinach
1	cup	cheese, shredded (cheddar or swiss)
1/4	cup	grated parmesan cheese

- Bake at 350F (if convection oven, reduce to 325)
- Sauté onions and mushrooms in a bit of olive oil until lightly browned; add spinach and cook until wilted. Set aside.
- In bowl, mix eggs, salt, pepper and milk.
- Add spinach mixture, then cheeses.
- Pour contents into pie shell
- Bake about 40 minutes or so (may take longer).
- It will be done when the eggs are set.



Omelets

You know how to make an omelet, so instead we're providing a list of ideas for you. And we've said it before, and we'll say it again. Breakfast is also good at dinner. Omelets are great examples of where this is true.

Bacon Omelets

- Caprese': Sliced tomato, bacon, and shredded mozzarella
- Bacon, cheddar and mushroom
- Bacon, apple and cheddar (sautéed diced apples, really good)
- Lorraine: Bacon, spinach and Swiss cheese
- Bacon, potatoes and parmesan

Ham Omelets

- Ham and cheddar
- Denver (ham, cheese, sauteed onions and bell pepper)
- Florentine: ham, spinach, mushroom and parmesan

Vegetable Omelets

- Mushroom, spinach and cheddar
- Mushroom, potato and parmesan
- Tomato, sauteed onions and mushrooms, parmesan cheese
- Cheese and mushroom omelet

Philly Cheesesteak Omelet

- Thin slices of steak
- Sautéed onions
- Melted cheese

Fajita Chicken Omelet

- Grilled chicken with taco seasoning
- Grilled onions and peppers
- Shredded cheese
- Salsa (put some inside and a little on top as a garnish)

Cheesy Chicken Omelet

- Diced or shredded chicken sautéed with garlic butter
- Melted cheese

Steak Fajita Omelet

- Steak strips
- Grilled onions and peppers
- Shredded cheese
- Salsa

Denver Omelet “Po-Boy”

- Ham and cheese omelet
- Grilled onions and peppers
- Put it on a toasted or grilled sub roll

Sausage and Potato Omelet

- Crumbled breakfast sausage
- Diced hash browns
- Cheddar cheese

Smoked Sausage Omelet

- Diced or sliced smoked sausage
- Any kind of melted cheese

Chili & Cheese Omelet

- Good, thick chili; put inside before you fold or roll the omelet
- Shredded cheddar
- Garnish with a little shredded cheddar

Taco Omelet

- Taco meat
- Shredded cheese
- Tomatoes
- Salsa and green onions on top

Shrimp Scampi Omelet

- Sautéed shrimp, peppers & onions
- Parmesan cheese

Shrimp or Crawfish Creole Omelet

- Thick shrimp or crawfish creole sauce inside
- Shredded cheddar cheese inside
- A dab of creole sauce on top with green onions

Casseroles

Besides being a good way to use unserved portions, casseroles are a great way to try new items, use your creativity, and create interesting items and variety for our guests. Here's a small sampling of some proven recipes.

A few thoughts on Casseroles:

You should definitely work in items from your cooler. Casseroles are almost by definition a "second", so those mushrooms or onions from steak day? Have some ham or baked potatoes from yesterday's lunch?

And casseroles aren't limited to savory. Think sweet too. A simple cobbler can be put out, or you can make an apple pancake casserole. Use those apples that aren't good enough to be served as fresh fruit: peel, slice and cook down to make a filling. You've saved them from the trash bin, saved our customer some money and shown your creative chops too.



Ham & Potato Casserole

Potatoes au Gratin? Meet Ham. Ham? Meet potatoes au Gratin.

3	lbs	baking potatoes, peeled and sliced about 1/8 inch thick
1	Tbsp	garlic, minced
½	tsp	salt
¼	tsp	ground nutmeg
1	cup	cream or half and half
1 1/2	cups	shredded cheddar cheese
12	slices	Swiss cheese
2	cups	ham, diced in small pieces
½	cup	margarine

- In stockpot, bring potatoes to a boil and reduce to a simmer. Cook until just starting to become tender, maybe 6 minutes. Remove and drain.
- While waiting on potatoes, sauté ham and garlic in the margarine to give it a little color, then add the nutmeg and salt.
- Spray food release on the bottom of a 2 inch half pan, then a layer of potatoes. Put on a half of the ham, half the Swiss cheese slices, half the cheddar and then pour over half the cream.
- Repeat steps for the 2nd layer: potatoes, ham, Swiss, cheddar and cream.
- Bake at 350 for about 45 minutes, but it may take as long as an hour.



Big Easy Breakfast Casserole

6	slices	bacon, cooked and crumbled
1	cup	smoked sausage, diced small
1	each	large bell pepper, diced
1	each	medium onion, diced
¼	cup	margarine, melted
6	each	eggs
1 1/2	cups	milk
3	cups	croutons (normal salad croutons or make your own)
2	cups	shredded cheddar
1/2	cup	grated parmesan
¼	cup	green onions

- Prep a shallow half sized pan with food spray; dust with parmesan cheese.
- Sauté sausage, onion and bell pepper in butter until onions brown, then set aside while preparing other ingredients.
- Place croutons in the bottom of the pan.
- In bowl, break eggs, add milk, parmesan cheese and blend.
- Add bacon, then sausage mixture to eggs, stir and add cheeses.
- Pour egg mixture into pan over the croutons.
- Bake at 325 for about 45 minutes. Remove, portion and garnish with green onions.



Blueberry Baked Streusel Pancake

CRUMB TOPPING:

½	cup	flour
1/3	cup	light brown sugar
½	tsp	cinnamon
¼	tsp	nutmeg (optional)
¼	tsp	salt
4	Tbsp	butter, cold, cubed

CASSEROLE:

4	Tbsp	melted butter
4	cups	pancake batter
3	Tbsp	finely grated lemon zest (optional but makes a difference)
1 ½	tsp	vanilla extract
2	cups	blueberries, frozen

- Preheat oven to 350°F. Heavily grease a 2 inch deep half pan; set aside.

PREP CRUMB TOPPING:

- In a medium bowl combine flour, spices and salt.
- By hand, cut in the butter, making a rough mix that resembles gravel.
- Set aside in refrigerator.

PREP THE CASSEROLE:

- In separate bowl, mix lemon zest, vanilla, melted butter and batter.
- Pour batter into the pan, then spread blueberries over the top of batter.
- Evenly spread streusel topping over the blueberries, crumbling it between your fingers as you spread it so it is evenly distributed.
- Bake about 45 minutes until golden brown. Check at 35 minutes.



Homestead Casserole

You can also substitute shredded baked potatoes for the frozen hash browns.
Great as a Sunday morning dish after Steak Day.

Yield: 1 half size steam table pan, 2" deep

9	cups	shredded hash browns or leftover baked potatoes
2	cups	shredded cheddar cheese
1	cup	shredded mozzarella
2	cups	sliced ham, cut into pieces about 1 ½ inch
1	cup	either chopped cooked bacon or crumbled breakfast sausage
1	cup	grilled onions, chopped
12	each	eggs
3	cups	milk
3	Tbsp	flour
1	tsp	black pepper
1	tsp	salt

- Prepare a shallow half pan with food spray.
- In a bowl, combine potatoes, onions, meats and cheeses. Carefully toss and put in steam table pan.
- In same bowl, combine milk, flour, salt and pepper. Pour over potatoes.
- Bake at 350 for about 45 minutes. Check after 30 to allow for your oven.

Breakfast Fiesta Casserole

Prep ahead and bake the morning of. Easy to prep and holds well.

Makes 1 shallow half steam table pan

3	cups	pinto or black beans, cooked and rinsed
3	cans	Rotel, drained (or make your own)
1/2	tsp	salt
3	cup	shredded cheddar
6	slice	bacon, crumbled
8	each	eggs
3/4	cup	milk
1/2	tbsp	hot sauce (chipotle if you have it)
12-16		corn tortillas

- Prepare the pan with food spray.
- In bowl, combine black beans, salt and tomatoes.
- Spread 1/3 of bean mix on bottom of pan.
- Lay corn tortillas over beans, overlapping slightly.
- Put another 1/3 of beans on tortillas, then top with half of cheese.
- Add next layer of tortillas, then beans and then top with bacon.
- Top with remaining cheese.
- Mix eggs, milk and hot sauce, then gently pour into pan.
- Cover and put in cooler overnight or for at least 6 hours.
- Bake at 350 for about 30 minutes but up to 40.

