

**THE CULINARY INSTITUTE OF AMERICA**



**THE WORLD'S PREMIER  
CULINARY COLLEGE**

***AMERICAN EGG BOARD &  
EGG NUTRITION CENTER***

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**The Culinary Institute of America at Greystone  
Napa Valley, California**

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# CULINARY RECIPES

# MOROCCAN SCRAMBLED EGG TARTINE WITH GRILLED EGGPLANT AND LAMB

*Yield: 10 toasts*

Ingredients	Amounts
<i>Scrambled eggs</i>	
Eggs, room temperature	5 ea.
Cream	2 Tbsp.
Kosher salt	¼ tsp.
Butter	1 Tbsp.
<i>Grilled eggplant</i>	
Italian eggplant	2 ea.
Olive oil	3 Tbsp.
Rosemary, minced	1 Tbsp.
Soy sauce	2 tsp.
Ground black pepper	¼ tsp.
Moroccan Spice Mix (recipe follows)	1 tsp.
<i>Spiced lamb</i>	
Olive oil	3 Tbsp.
Garlic, minced	1 Tbsp.
Onion, peeled, diced	1 ea.
Lamb, ground	½ lb.
Moroccan Spice Mix (recipe follows)	2 tsp.
Kosher salt	½ tsp.
Whole grain bread, sliced, toasted	as needed
Micro arugula	as needed

## Method

1. *For the scrambled eggs:* Combine the eggs, cream, and salt in a small bowl and whisk until frothy and set aside. When ready to serve, heat the butter over medium heat in a small nonstick sauté pan. Add reserved eggs, and cook, folding eggs occasionally, until slightly cooked, about 2 minutes. Remove from the heat and keep warm.
2. *For the grilled eggplant:* Slice the stems off the eggplant, and then cut into long planks. Place in a bowl with the olive oil, rosemary, soy sauce, and black pepper; toss to combine. Marinate for 30 minutes, and then grill over medium-high heat until nicely charred; make sure most of the moisture has cooked off, about 15 to 20 minutes. Cool completely and cut into ¼-inch dice; toss with Moroccan spice mix.
3. *For the spiced lamb:* In a medium nonstick sauté pan, add the oil, garlic, and onion and sauté until caramelized. Add the lamb and the Moroccan spice mix and cook until browned, about 10 minutes; season with salt. Drain off some of the excess fat, set aside, and keep warm.

4. *Assembly:* Top the toasted bread with a little of the scrambled egg, some eggplant, lamb, and garnish with micro arugula.

# MOROCCAN SPICE MIX

<b>Ingredients</b>	<b>Amounts</b>
Sweet paprika	10 g
Ground fennel seed	5 g
Ground cumin	3½ g
Ground coriander	1½ g
Salt	7 g
Ground cinnamon	¾ g
Cayenne pepper	1 g
Ground black pepper	¾ g
Sugar	2¾ g

## **Method**

1. Combine all the ingredients in a small bowl and set aside.

# TOAST WITH SPINACH, DUCK CONFIT, A FRIED EGG AND CHIMICHURRI SAUCE

*Yield: 8 bites*

<b>Ingredients</b>	<b>Amounts</b>
<i>Braised spinach</i>	
Garlic	1 Tbsp.
Shallots	2 Tbsp.
Olive oil	2 Tbsp.
Urfa pepper	1 tsp.
Spinach, stemmed	6 cups
Duck Confit, picked (recipe follows)	¾ cup
Salt and ground black pepper	to taste
<i>Fried eggs</i>	
Olive oil	1 Tbsp.
Eggs, small	8 ea.
Salt	as needed
Ground black pepper	as needed
Sourdough rounds, toasted	as needed
Chimichurri Sauce (recipe follows)	as needed

## **Method**

1. *For the braised spinach:* In a large sauté pan, cook down the garlic and shallots with the olive oil, just until the garlic starts to brown. Add the urfa pepper and spinach, and sauté until just wilted. Remove from the heat and add the duck confit. Add 3 tablespoons of the chimichurri and toss to combine.
2. *For the fried eggs:* Heat oil in a medium-sized skillet over medium heat. In about 40 seconds so the pan gets hot, crack your egg into the skillet and season with salt and pepper. (The oil should be bubbling up around the whites from the start.)
3. Cook, rotating the skillet occasionally, until whites are golden brown and crisp at the edges and set around the yolk (which should be runny), about 2 minutes. For a medium-cooked yolk, cook for an additional 30 seconds.
4. *Assembly:* Place some warm spinach confit mixture on the toast, top with the fried egg, and then a drizzle of the chimichurri sauce.

# DUCK CONFIT

<b>Ingredients</b>	<b>Amounts</b>
<i>Cure</i>	
Salt	3 oz.
Garlic cloves, minced	6 ea.
Shallots, minced	¼ cup
Orange strips, peel of	4 ea.
Bay leaves	5 ea.
Cloves	8 ea.
Cinnamon stick, crushed	1 ea.
Cardamom pods	8 ea.
Peppercorns	20 ea.
Thyme sprigs, chopped	2 Tbsp.
Rosemary, chopped	1 Tbsp.
Star anise	3 ea.
Duck legs	8 ea.
Duck fat, rendered	2 qt.

## **Method**

1. Combine salt, garlic, shallots, and orange peel together in a small bowl.
2. In a small sauté pan, toast the bay, cloves, cinnamon stick, cardamom pods, and peppercorns together until just starting to smoke; cool and grind. Add to the salt mixture and mix to combine.
3. Coat the duck pieces with the cure.
4. Cover and press with a weight; allow to marinate for 2 to 3 days.
5. Wipe the remaining cure from the duck and simmer in rendered duck fat for 3 hours or until very tender.
6. Confit should be stored, covered, in its own fat and removed, as needed.



# CHIMICHURRI SAUCE

Ingredients	Amounts
<i>Chimichurri sauce</i>	
Parsley	½ cup
Lemon, juice of	2 Tbsp.
Extra-virgin olive oil	½ cup
Red wine vinegar	¼ cup
Cilantro, packed	¼ cup
Garlic cloves, peeled	4 ea.
Dried red pepper, crushed	¾ tsp.
Paprika, smoked	¼ tsp.
Oregano	½ tsp.
Ground black pepper	½ tsp.

## Method

1. *For the chimichurri sauce:* Place all the ingredients in a food processor and blend; let mixture stand at room temperature for 1 hour.

# TOAST WITH PROSCIUTTO SCRAMBLED EGGS, PEPPERS, AND PICKLED ONIONS

*Yield: 8 small toasts*

Ingredients	Amounts
Prosciutto, finely minced	3 Tbsp.
<i>Caramelized onions</i>	
Olive oil	3 Tbsp.
Yellow onions, peeled, sliced thin	2 ea.
Thyme sprig	2 ea.
Sugar	¼ tsp.
Salt	½ tsp.
<i>Pickled red onions</i>	
Red onion	1 ea.
Red wine vinegar	½ cup
White sugar	½ cup
Salt	a pinch
<i>Eggs</i>	
Eggs	5 ea.
Cream	1 Tbsp.
Butter	1 Tbsp.
Caramelized onions, chopped	¼ cup
Oregano, minced	1 tsp.
Seed bread, sliced thick, grilled	as needed
Olive oil	as needed
Piquillo peppers, sliced	as needed
Micro basil	as needed

## Method

1. In a sauté pan, cook prosciutto over medium heat until crunchy and browned, and set aside.
2. *For the caramelized onions:* In a large sauté pan, add the olive oil, onions, and thyme sprig, and cook over medium-high heat until just starting to color, about 10 minutes. Reduce the heat and cook slowly until caramelized, stirring every few minutes to ensure even browning (add a small amount of water, if needed). Add the sugar and salt and continue until most of the moisture has cooked off and the onions are dark and flavorful.
3. *For the pickled red onions:* Peel the onion. Cut in half and slice into very thin half-moon shapes. Bring the vinegar and sugar to a boil, add the salt, and pour over the red onions; set aside for at least 2 hours.

4. *For the eggs:* Combine the eggs and cream in a small bowl and whisk until frothy. When ready to serve, heat butter over medium-high in a small sauté pan. Add eggs, and cook, folding eggs occasionally, until slightly cooked, about 2 minutes. Add the caramelized onions, prosciutto, and oregano and stir to combine. Remove from the heat and keep warm.
5. *Assembly:* Brush the bread with olive oil, then grill the bread on both sides, top with a little of the scrambled eggs, a few slices of the piquillo peppers, a few pickled red onions, and micro basil.

# TOAST WITH DEVEILED EGG SPREAD, BROCCOLINI, AND RICOTTA

*Yield: 8 small toasts*

<b>Ingredients</b>	<b>Amounts</b>
<i>Egg spread</i>	
Eggs, hard boiled	4 ea.
Mayonnaise, homemade	¼ cup
Dijon mustard	1 tsp.
Ground black pepper	a pinch
Pimenton	¼ tsp.
<i>Garlic roasted broccolini</i>	
Olive oil	3 Tbsp.
Garlic, sliced	2 Tbsp.
Broccolini, blanched, chopped	2 cups
Salt and ground black pepper	a pinch
Marjoram, minced	1 tsp.
Ricotta, fresh	½ cup
Lemon, juice of	1 Tbsp.
Seed bread, sliced, toasted	as needed
Maldon salt	as needed
Chive, minced	as needed

## **Method**

1. *For the egg spread:* Peel the hard boiled eggs and place the yolk in a stand up mixer in a bowl fitted with a paddle. Set aside the egg whites for another use.
2. To the yolks, add the mayonnaise, mustard, and pepper; mix on medium speed until smooth. Add the pimenton to the egg yolk mixture and mix until well combined; scrape down the sides and whip until smooth. Remove mixture with a rubber spatula and set aside for assembly.
3. *For the garlic roasted broccolini:* In a small cast iron pan, add the olive oil and garlic, and cook over medium heat until just heated through and just starting to color. Add the broccolini, and salt and cook for a few minutes. Add the marjoram and deglaze with a splash of water and remove from the heat.
4. Mix the ricotta with the lemon juice until combined.
5. *Assembly:* Spread a small amount of the egg spread on the toasted seed bread, then top with the cooked broccolini, a little fresh ricotta, Maldon salt, and chives.

# MEDITERRANEAN EGG STRATA WITH SWISS CHARD, OLIVES, AND MOZZARELLA

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	¼ cup
Garlic, minced	1 Tbsp.
Shallots, peeled, minced	¼ cup
Swiss chard, stemmed, chopped	5 cups
Thyme leaves	1 Tbsp.
Marjoram leaves	3 Tbsp.
Italian parsley, stemmed, chopped	¼ cup
Kalamata olives, pitted, minced	2 Tbsp.
Red pepper, roasted, diced	1 cup
Sun-dried tomatoes, sliced	½ cup
Sourdough bread, torn into ½" pieces	6 cups
Parmesan cheese, grated, plus more for garnish	¾ cup
Mozzarella, diced	1 cup
Feta, diced	½ cup
Kosher salt	½ tsp.
Ground black pepper	¼ tsp.
Breadcrumbs, toasted	½ cup
Eggs	8 ea.
Half-and-half	1½ cups
Aleppo pepper or cayenne	½ tsp.
Basil, chopped, for garnish	as needed

## **Method**

1. Brush insides of two 1-quart dishes with a little olive oil, and dredge with the toasted breadcrumbs and set aside.
2. In large skillet over medium heat, add the olive oil, garlic, and shallot; sauté for 4 to 5 minutes or until the shallots start to color. Add the Swiss chard and cook for another 5 minutes (add a splash of water, if needed for deglazing). Add the thyme and marjoram and cook for another 3 minutes. Remove from the heat and place mixture in a large bowl with parsley, red pepper, olives, sun-dried tomatoes, bread chunks, ½ cup of the Parmesan, and mozzarella and stir to mix. Season with kosher salt and pepper.
3. Fill baking dishes evenly with the bread mixture.
4. In a small bowl, whisk together the eggs with half-and-half. Season with the Aleppo pepper and pour the eggs over the top and sprinkle with the remaining Parmesan cheese. Cover and chill overnight.

5. *To cook:* Preheat oven to 350°F. Bring the casserole to room temperature, and place on a baking sheet. Bake in the preheated oven for about 50 minutes, or until the eggs have set. Remove from the oven and let rest for 5 minutes before serving.
6. Garnish with basil and add more Parmesan, if desired.

# BREAKFAST TACOS WITH COCHINITA PIBIL, SCRAMBLED EGGS AND HABAÑERO CREMA

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Achiote pork</i>	
Annatto seed paste	7 oz.
White distilled vinegar	¼ cup
Water	3 cups
Salt	2 tsp.
Banana leaves, small package, enough to wrap the shoulder	1 ea.
Pork shoulder, bone in, skin on	2 lb.
Garlic heads, cut in half	2 ea.
Yellow onion, medium, julienned	1 ea.
Cinnamon stick, broken in half	2 ea.
<i>Scrambled eggs</i>	
Canola oil	2 Tbsp.
White onion, minced	½ cup
Jalapeño, stemmed, seeded, minced	1 ea.
Salt	to taste
Ground black pepper	to taste
Cilantro leaves, sliced	1 Tbsp.
Eggs	6 ea.
Corn on the cob, grilled, charred, cut	½ cup
Black beans, cooked, drained	½ cup
<i>Red cabbage slaw</i>	
Red cabbage, small	3 cups
Radishes	½ cup
Lime, juice of	1 ea.
Salt	to taste
<i>Assembly</i>	
Tortillas, corn, 4-inch	12 ea.
Habanero Lime Crema (recipe follows)	as needed
Queso fresco	as needed
Cilantro sprigs	as needed
Mango and Pickled Red Onion Salad (recipe follows), for serving	

## Method

1. *For the achiote pork:* Dilute the annatto seed paste in the vinegar, water, and a pinch of salt to taste. Next, strain the sauce through a double strainer. In a roasting pan, place the banana leaves with enough room to wrap the pork shoulder. Place the shoulder in the pan and pour the sauce over it. Toss in the whole cloves of garlic, onions, and cinnamon stick and wrap the leaves over the shoulder. Cover with aluminum foil and roast in the oven at 375°F for 4½ hours. Once cool enough to handle, remove the cinnamon stick and pull the pork apart with a fork. Add some sauce from the pot to the pork and combine; keep warm.
2. *For the scrambled eggs:* In a small sauté pan, heat oil over medium-high heat. Add onion and jalapeño, and season with salt and pepper, and cook, stirring, until soft, about 6 minutes. Add cilantro and eggs, and cook, folding eggs occasionally, until cooked through, about 4 minutes. Remove from the heat and fold in the corn and black beans; keep warm.
3. *For the red cabbage slaw:* Thinly shave the cabbage and radish with a mandolin. Toss with lime juice and salt to taste. Let sit and toss again before serving.
4. *To assemble:* Fry the tortillas into tacos, then place a small amount of scrambled eggs, and top with the pulled pork and the cabbage slaw.
5. Garnish with the habañero lime crema, queso fresco, and a cilantro sprig. Serve with the mango and red onion salad.



# MANGO AND PICKLED RED ONION SALAD

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Mango and pickled red onion salad</i>	
Mangoes, ripe, peeled, cut into julienne	2 ea.
Pickled red onions (below)	½ cup
Green cabbage, julienne	3 cups
Jicama, small, diced	1 cup
Pecans, toasted	½ cup
Cilantro, finely sliced	¼ cup
Cumin lime vinaigrette (recipe below)	as needed
Salt	to taste
 <i>Cumin lime vinaigrette</i>	
Garlic	2 tsp.
Serrano, seeded, minced	2 Tbsp.
Lime, juice of	¼ cup
Lime, zest of	1 ea.
Lemon, juice of	3 Tbsp.
Cumin seed, toasted	½ tsp.
Salt	½ tsp.
Cayenne	¼ tsp.
Olive oil	½ cup
 <i>Pickled red onions</i>	
Red onion	1 ea.
White wine vinegar	½ cup
White sugar	½ cup
Salt	a pinch

## **Method**

1. *For the mango and pickled red onion salad:* Place the mangoes, pickled red onion, cabbage, jicama, pecans, and cilantro in a medium bowl; slowly add the vinaigrette until the salad is lightly coated. Season with salt and serve immediately.
1. *For the cumin lime vinaigrette:* Combine all the ingredients except for the olive oil in a blender and purée until combined. Add the olive oil while the blender is running to create a creamy dressing. Set aside.
2. *For the pickled red onions:* Peel the onion. Cut in half and slice into very thin half-moon shapes. Place in a small bowl with vinegar, sugar, and salt and set aside for at least 2 hours.

# HABAÑERO LIME CREMA

<b>Ingredients</b>	<b>Amounts</b>
Mexican crema	½ cup
Cilantro, chopped	2 Tbsp.
Habañero, minced fine	1 ea.
Garlic, minced	1 tsp.
Lime, juice of	1 Tbsp.
Lime, zest of	1 tsp.
Salt	½ tsp.

## **Method**

1. Combine all items in a blender and purée for 20 to 30 seconds; set aside for assembly.

# PAELLA WITH CHICKEN, CHORIZO, CLAMS AND SHIRRED EGGS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Extra-virgin olive oil	¼ cup
Chorizo sausage, cut into ¼" slices	½ lb.
Chicken thighs	1 lb.
Salt	1 tsp.
Ground black pepper	½ tsp.
Yellow onion, small dice	1 cup
Garlic, minced	2 Tbsp.
Italian parsley, minced	3 Tbsp.
Tomato, medium, dice	2 cups
Tomato paste	1 Tbsp.
Arborio rice	2 cups
Bay leaves	2 ea.
Rosemary, chopped	1 Tbsp.
Sage, chopped	1 Tbsp.
Saffron threads	1 tsp.
Crushed red pepper	¼ tsp.
Chicken stock, warm	6 cups
Red peppers, roasted, peeled, diced	½ cup
Clams, cleaned	1 lb.
Eggs	8 ea.
Maldon salt	as needed
Olive oil	as needed
 <i>Garnish</i>	
Lemon wedges	as needed
Cerignola olives	as needed

## **Method**

1. Preheat the oven to 400°F.
2. In a large paella pan over medium, heat olive oil. Add chorizo sausage and sauté until brown. Remove and reserve. Add the chicken thighs and cook on both sides until nice and brown. Remove and serve, and season with salt and pepper.
3. In the same pan, sauté the onion and garlic until soft and starting to color, then add the parsley and cook for another 2 minutes. Add the tomatoes and cook until the mixture develops a nice color and most of the water from the tomatoes cooks off, about 3 to 4 minutes. Add the tomato paste, bay leaves, rosemary, sage, saffron, and crushed red pepper and cook another few minutes.

4. Sprinkle the rice over the mixture and stir-fry to coat the rice grains. Add the chicken stock and bring to a simmer for about 10 minutes to absorb the liquid; move the pan and stir so that the rice cooks evenly.
5. Add the cooked chorizo, chicken, and peppers and bring to a simmer; add the clams. Cook another 4 to 5 minutes or so to let the clams open up.
6. Crack the eggs in the center, sprinkle with salt, pepper, and olive oil, and place in the oven for about 8 to 10 minutes to cook the eggs.
7. Let the paella stand for 5 minutes.
8. Serve the paella in bowls. Garnish with the lemon wedges and olives.

# NUTRITIONAL RECIPES

# MEDITERRANEAN COBB SALAD

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Eggs, large	8 ea.
Red quinoa, rinsed 4 times	¾ cup
Cherry tomatoes	1 pt.
<i>Preserved lemon vinaigrette</i>	
Shallot, minced	¼ cup
Extra Virgin Olive oil	1¼ cups
Lemon, juice of	3 Tbsp.
Apple cider vinegar	¼ cup
Dijon mustard	2 tsp.
Honey	4 tsp.
Chile de arbol, seeded, crushed	½ tsp.
Lemon, zest of	1 Tbsp.
Preserved lemon peel, minced	¼ cup
Dried cherries, plumped in hot water	¾ cup
Mint, stemmed	1 cup
Arugula, stemmed	2 cups
Watercress, stemmed	2 cups
Almonds, crushed, toasted	1 cup
White beans, drained, rinsed	1 cup
Avocado, pitted, cubed	2 ea.
Ground black pepper	as needed

## **Method**

1. *For the hard boiled eggs:* Place eggs in a medium heavy saucepan. Add water to cover by 2 inches. Bring to a boil; immediately remove from heat. Cover and let stand for 10 minutes. Transfer eggs to a bowl of ice water to cool. Gently crack the eggs and peel in a bowl of cold water.
2. *For the quinoa:* Bring quinoa, ½ teaspoon of kosher salt, and 2 cups of water to a boil in a medium saucepan. Cover, reduce heat to low, and simmer until quinoa is tender, about 8 to 10 minutes. Remove the pan from the heat and let sit for 15 minutes. Fluff quinoa with a fork and toss with some of the dressing; transfer to a large bowl and set aside.
3. *For the cherry tomatoes:* Prepare a grill for medium-high heat. Grill tomatoes turning occasionally, until charred in spots and tomatoes begin to split, about 6 to 8 minutes. Remove and let cool to room temperature.
4. *For the lemon vinaigrette:* Purée shallot, olive oil, lemon juice, vinegar, mustard, honey, and chile in a blender until smooth. Place in a bowl and add the lemon zest and preserved lemon; whisk to combine.

5. *Assembly:* Cut the hard boiled eggs into little wedges. Drain the cherries. In a small bowl, add the mint, arugula, watercress, and dried cherries, and toss with enough vinaigrette to coat. Mound some of the salad onto cold plates, and then sprinkle with the toasted almonds. Arrange the hard boiled eggs, cherry tomatoes, quinoa, white beans, and avocado artfully on top of the salad. Season with black pepper. Drizzle with more vinaigrette and serve.

# SCRAMBLED EGG BREAKFAST BURRITO

*Yield: 4 burritos*

<b>Ingredients</b>	<b>Amounts</b>
Canola oil	¼ cup
White onion, small, chopped	1 ea.
Red pepper, seeded, diced	1 ea.
Jalapeno, seeded, minced	¼ cup
Black beans, cooked	2 cups
Red pepper flakes	¼ tsp.
Salt	½ tsp.
Ground black pepper	¼ tsp.
Brown rice, cooked	1 cup
Hot sauce	as needed
Cilantro, chopped	½ cup
Eggs	4 ea.
Egg whites	4 ea.
Pepper jack, shredded	1 cup
Whole-wheat tortillas, 10-inch	4 ea.
Sour cream	½ cup
Salsa Verde (recipe follows)	½ cup
Tomato, diced	1 ea.
Avocado, cubed	2 ea.

## **Method**

1. Heat the canola oil in a large nonstick skillet over medium-high heat. Cook the onions, red peppers, and jalapeno until onions are softened and peppers are slightly charred and caramelized, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
2. *For the brown rice:* In a small bowl, mix the rice with hot sauce and cilantro. Set aside.
3. *For the eggs:* Whisk together the eggs and egg whites in a small bowl and season with ¼ teaspoon of salt. Spray a nonstick skillet with cooking spray and heat the skillet over medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
4. *Assembly:* Spread each tortilla with 1 tablespoon each of sour cream and salsa, then layer with some brown rice, one-fourth of the black bean mixture, one-fourth of the scrambled eggs, some diced tomato, and one-fourth of the avocado. Roll up burrito-style.
5. Before serving, wrap in foil and warm in a 350°F oven for 12 to 15 minutes until warmed.



## SALSA VERDE

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Jalapeño chiles, stems removed sliced in half, seeds and veins intact	2 ea.
Tomatillos, husks removed, rinsed, quartered	8 ea.
Garlic clove, peeled	1 ea.
White onion, small	¼ ea.
Cilantro	½ bu.
Salt	to taste

### **Method**

1. Place all ingredients, except the cilantro and salt in a blender. Process until almost smooth.
2. Place in a pan and bring to a simmer; season with salt and add the cilantro. Process briefly until smooth, taking care not to burn the cilantro.

**Note:** This salsa should be eaten on the same day it is made.

# MIXED VEGETABLE FRITTATA

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Eggs, large	10 ea.
Kosher salt	1 tsp.
Ground black pepper	½ tsp.
Extra-virgin olive oil	¼ cup
Scallions, white part only, thinly sliced	18 ea.
Shallots, peeled, thinly sliced	2 ea.
Yellow zucchini, diced	2 cups
Swiss chard, stemmed, chopped	3 cups
Thyme leaves, chopped	2 tsp.
Red pepper flakes	¼ tsp.
Red bell peppers, roasted, peeled	2 ea.
Asparagus, tough ends removed, cut into 2" lengths, blanched	¾ lb.
Baby spinach	3 cups
Tomato, large, sliced into 8 rounds	1 ea.
Basil leaves	16 ea.
Mozzarella, fresh, unsalted, sliced into 8 rounds	¾ lb.
Parmesan cheese	1 cup

## **Method**

1. *For the eggs:* Preheat the oven to 350°F. Whisk the eggs, ½ teaspoon of kosher salt, ½ teaspoon of ground peppercorns, and ½ cup of Parmesan cheese together in a large bowl and set aside.
2. In a cast iron pan, heat the olive oil and add the scallions, shallots, and cook 1 minute over medium heat. Add the zucchini and cook until they start to color. Add the Swiss chard and cook until wilted. Add thyme, pepper flakes, and cook to combine.
3. Add the bell peppers, asparagus, and remaining ½ teaspoon of salt, and cook, stirring occasionally, until the asparagus are soft but still al dente, reduce heat and cook until completely tender.
4. Gently stir in the spinach, stirring often, until the spinach wilts. Increase the heat to medium-high and cook until most of the liquid is evaporated, stirring often, for about 2 to 6 minutes.
5. *To prep the tomatoes and basil:* Lay the tomato slices on a piece of paper towel lined paper. Cover with another paper towel and gently press to absorb extra moisture and set aside. Stack 8 of the basil leaves, roll lengthwise, and cut crosswise into thin strips and set aside.
6. Pour the eggs over the vegetables, and reduce heat to low. Cook until you can see that the eggs are setting on top of the vegetables, about 5 minutes. Garnish top of eggs with tomato slices, and top each tomato with a basil leaf and slice of mozzarella.

7. Slice the remaining basil leaves, and sprinkle basil and Parmesan over the top of the frittata. Bake until the top of the frittata is browned and puffy, about 15 minutes. Remove it from the oven and let cool for a few minutes. Slice and serve immediately.

**Note:** Serve the frittata with Greek yogurt and fresh berries for a delicious, healthy breakfast combination.

# EGG MUFFIN CUPS

*Yield: 12 muffins*

<b>Ingredients</b>	<b>Amounts</b>
<i>Egg filling</i>	
Eggs	8 ea.
Milk	3 Tbsp.
Salt	1 tsp.
Thyme leaves, minced	1 tsp.
Quinoa, cooked, pan toasted	1 cup
Olive oil for greasing	as needed
Breadcrumbs, toasted	½ cup
<i>Sautéed chard</i>	
Garlic, minced	2 tsp.
Olive oil	1 Tbsp.
Swiss chard, stemmed, chopped	3 cups
Red pepper flakes	¼ tsp.
Salt and ground black pepper	to taste
Tomatoes, small, cut into dice	1 ea.
Black beans, drained, rinsed	1 cup
Roasted red peppers, peeled, diced	1 cup
Ricotta	1 cup

## **Method**

1. Preheat the oven to 350°F.
2. *For the eggs:* Whisk the eggs in a medium bowl with the milk, salt, and thyme until well combined; set aside.
3. *For the muffin tins:* Grease the muffin tins with some of the olive oil and dredge with the toasted breadcrumbs.
4. *For the chard:* In a 10-inch nonstick skillet or cast iron pan, cook the garlic in olive oil over medium-high heat for 30 to 50 seconds. Add the chard and red pepper flakes and cook until wilted, about 1 to 2 minutes. Cool completely.
5. *Assembly:* Place about 1 tablespoon of the cooked chard in the bottom of each muffin tin. Add the quinoa, tomatoes, black beans, and peppers to the eggs and mix to combine; ladle some of the egg mixture on top of the chard, about three-fourths full. Add a dollop of ricotta to each muffin and bake until muffins are set in the center, about 25 to 30 minutes. Let cool a few minutes to remove muffins from the tin. Serve with a fresh green salad, if desired.

# SAUTÉED GREENS WITH A POACHED EGG

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	¼ cup
Bacon, diced ¼"	2 cups
Onions, diced	2 cups
Shallot, minced	¼ cup
Garlic, minced	2 Tbsp.
Red pepper, cored, diced	1 ea.
Swiss chard, stemmed, chopped	4 cups
Kales, stemmed, chopped	4 cups
Water	3 Tbsp.
Tomatoes, cored, diced	1 cup
Aleppo peppers	1 tsp.
Eggs	8 ea.
Paprika	as needed

## **Method**

1. Coat a large sauté pan lightly with olive oil and add the olive oil, bacon, and onions and cook for about 15 minutes over medium heat, or until the bacon has rendered most of its fat and is crispy.
2. Add the shallot, garlic, and red pepper and cook for another 5 minutes.
3. Add the Swiss chard, kale, and water and toss to coat with the vegetable mixture; cook until wilted. Add the tomatoes and Aleppo pepper and cook until most of the moisture has cooked off.
4. *For the poached eggs:* In a medium saucepan, bring 2 quarts of water to a boil. Turn the heat down to just below a simmer and add the vinegar and salt.
5. Crack an egg in a small bowl and check that the yolk didn't break. Slowly stir the water in one direction to create a whirlpool effect. Once the whirlpool has slowed down a little, carefully slide the egg into the water against the side of the pan. Following the current of the water as you pour the egg in, so that the white envelopes the yolk. Crack another egg into the small bowl and add to the water in the same manner. Poach the eggs for 2 to 2½ minutes, until the whites are set and the yolks are runny. Carefully remove the eggs with a slotted spoon and place on a plate to drain. Cupping the eggs in your hand, tip the plate to pour off the excess water.
6. Serve a portion of the cooked chard mixture in a warm bowl, and top with a poached egg. Garnish with paprika and serve.

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