



Brunch

SUNRISE SMOOTHIE

1 cup (250 mL) vanilla yogurt
1 cup (250 mL) orange juice

1/4 tsp (1 mL) cinnamon
1 cup (250 mL) ice cubes

Combine all ingredients in a blender. Puree until smooth and slushy. Serve immediately. Serves 4.

MAPLE SCONES

3 cups (750 mL) flour
1/4 cup (50 mL) packed brown sugar
1 1/2 tsp (7 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt

3/4 cup (175 mL) chilled butter, cubed
1/2 cup (125 mL) whipping cream
1/2 cup (125 mL) maple-flavoured pancake syrup
1/4 tsp (1 mL) maple extract
Spicy Maple Butter, recipe follows

Combine flour, brown sugar, baking powder, soda and salt in a bowl. Add butter and rub in with fingers until mixture resembles a coarse meal. Stir together cream, syrup and maple extract. Add cream mixture to flour mixture, stirring just until combined. Knead dough 5 times on a lightly floured surface. Dough will be slightly sticky. Using floured hands, pat into a 8 inch (20 cm) round. Cut dough into 8 wedges. Place wedges 2 inches (5 cm) apart on an ungreased cookie sheet. Bake at 375°F (190°C) for 20 – 25 minutes or until light golden brown. Cool on racks. Scones may be baked 24 hours in advance or frozen for up to 1 month. Serve with Spicy Maple Butter. **Yield:** 8 scones.

Spicy Maple Butter: Combine 1/2 cup (125 mL) softened butter, 2 tbsp (25 mL) maple-flavoured pancake syrup and 1/4 tsp (1 mL) hot pepper sauce in a small bowl until smooth.

GINGER PEAR MUFFINS

2 cups (500 mL) flour
2 tsp (10 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) freshly ground nutmeg
2 eggs
2/3 cup (150 mL) sugar

1/2 cup (125 mL) milk
1/3 cup (75 mL) butter, melted
1 tsp (5 mL) vanilla
1 firm ripe pear, peeled and chopped
1/2 cup (125 mL) golden raisins
1/3 cup (75 mL) finely chopped crystallized ginger

Combine flour, baking powder, soda, salt and nutmeg; set aside. Whisk together eggs, sugar, milk, butter and vanilla. Add to dry ingredients and stir just until blended. Combine pear, raisins and ginger; gently fold into batter. Spoon batter into greased muffin cups. Bake at 400°F (200°C) for 15 – 20 minutes or until muffins test done. Cool in pans 5 minutes. Remove from pans and cool on rack. May be frozen for up to 2 weeks. **Yield:** 24 muffins.

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ORANGE FRENCH TOAST

8 slices French bread (3/4 inch/2 cm thick)	2 tbsp (25 mL) sugar
4 eggs	1 tbsp (15 mL) grated orange peel
1 cup (250 mL) light cream	1 tsp (5 mL) vanilla
1/4 cup (50 mL) thawed frozen orange juice concentrate	1/2 tsp (2 mL) cinnamon
	Maple-flavoured pancake syrup

Place bread slices in a single layer in a greased shallow baking dish. Bread should fit tightly. Whisk together next 6 ingredients (eggs through vanilla). Pour egg mixture over bread. Sprinkle with cinnamon. Cover with foil and refrigerate overnight. Bake, covered, at 350°F (180°C) for 45 minutes. Uncover and bake 10 minutes longer or until knife inserted in center comes out clean. Serve immediately with syrup. Serves 6 – 8.

OVERNIGHT CARAMEL FRENCH TOAST

1 1/2 cups (375 mL) packed brown sugar	2 1/2 cups (625 mL) homo milk
3/4 cup (175 mL) butter	1 tbsp (15 mL) vanilla
1/3 cup (75 mL) corn syrup	1/4 tsp (1 mL) salt
8 – 10 slices French bread (1 1/2 inches/3.75 cm thick)	1/8 tsp (0.5 mL) nutmeg
4 eggs	2 tbsp (25 mL) sugar
	1 tsp (5 mL) cinnamon

Combine brown sugar, butter and syrup in a heavy medium saucepan. Cook, stirring constantly, over medium heat for 5 minutes or until mixture is bubbly. Pour evenly over bottom of a 9x13x2 inch (23x33x5 cm) baking dish. Arrange bread slices closely together over syrup mixture. Whisk together eggs, milk, vanilla, salt and nutmeg. Pour egg mixture over bread. Cover and refrigerate for 8 hours or overnight. Combine sugar and cinnamon; sprinkle over top. Bake at 350°F (180°C) for 45 – 50 minutes or until knife inserted in center comes out clean. Serve immediately. Serves 8 – 10.

MULTIGRAIN PANCAKES WITH GINGER BUTTER

1/3 cup (75 mL) quick-cooking rolled oats	1 egg
1/2 cup (125 mL) flour	2 tbsp (25 mL) packed brown sugar
1/2 cup (125 mL) whole wheat flour	1 1/4 cups (300 mL) milk
2 tsp (10 mL) baking powder	1 1/2 tsp (7 mL) vanilla
1/2 tsp (2 mL) salt	Ginger Butter, recipe follows
1/4 tsp (1 mL) cinnamon	

Combine first 6 ingredients (oats through cinnamon). Beat together egg, sugar, milk and vanilla. Stir into flour mixture just until blended. Let batter stand 5 minutes. Using 1/4 cup (50 mL) batter for each pancake, cook pancakes on a lightly greased griddle over medium heat. Cook pancakes until golden on both sides, about 2 minutes per side. Serve with Ginger Butter. **Yield:** 10 pancakes.

Ginger Butter: Beat together 3/4 cup (175 mL) softened butter, 3 tbsp (40 mL) finely chopped preserved ginger and 2 tsp (10 mL) preserved ginger syrup until fluffy. May be refrigerated for up to 1 week. Leftover butter may be used as a spread on muffins and toasted bagels or as a seasoned butter for steamed carrots.

MAPLE GLAZED BACON

1 lb (500 g) sliced bacon	1 tsp (5 mL) freshly ground pepper
1/3 cup (75 mL) maple-flavoured pancake syrup	

Separate bacon slices and place in a heavy plastic bag. Combine syrup and pepper. Pour over bacon. Gently squeeze and turn bag to coat bacon with mixture. Line a large jelly-roll pan with foil. Place a rack in pan. Arrange bacon on rack, overlapping if necessary. Bake at 350°F (180°C) for 45 – 50 minutes or until bacon is crisp. Do not overbake. Serves 6 - 8.

CHEESE AND PEPPER STRATA

1 red bell pepper, thinly sliced	1 tbsp (15 mL) Dijon mustard
1 green bell pepper, thinly sliced	1/2 tsp (2 mL) dry mustard
1 cup (250 mL) sliced green onions	1 tsp (5 mL) salt
2 tbsp (25 mL) butter	1/2 tsp (2 mL) freshly ground pepper
8 cups (2 L) French bread cubes	2 dashes hot pepper sauce
2 1/2 cups (625 mL) shredded cheddar cheese	4 cups (1 L) homo milk
7 eggs	

Sauté peppers and onions in butter just until tender, about 5 minutes; cool. Place half of bread cubes in a greased shallow 3 quart (3 L) baking dish. Sprinkle with half of cheese and top with half of pepper mixture. Repeat layers with remaining bread, cheese and pepper mixture. Whisk together eggs and next 5 ingredients (mustard through hot pepper sauce). Whisk in milk. Pour mixture evenly over top. Cover and refrigerate overnight. Bake, uncovered, at 350°F (180°C) for 1 1/4 hours or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

Serves 8 - 10.

TOMATO AND BACON STRATA

8 cups (2 L) French bread cubes	6 eggs
2 cups (500 mL) shredded cheddar cheese	2 cups (500 mL) milk
6 slices bacon, cooked and crumbled	1/2 tsp (2 mL) each salt and pepper
1 1/2 cups (375 mL) diced tomatoes	1/2 tsp (2 mL) basil, crumbled
1/2 cup (125 mL) sliced green onions	1/4 tsp (1 mL) thyme, crumbled

Place half of bread cubes in a greased shallow 3 quart (3 L) baking dish. Sprinkle with half **each** of cheese, bacon, tomatoes and onions. Repeat layers with remaining bread, cheese, bacon, tomatoes and onions. Whisk together eggs, milk and seasonings. Pour mixture evenly over top. Cover and refrigerate overnight. Bake, uncovered, at 350°F (180°C) for 55 – 60 minutes or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

Serves 8 - 10.

SEAFOOD BRUNCH BAKE

2 tbsp (25 mL) butter, melted	1/4 tsp (1 mL) dry mustard
12 eggs	2 cups (500 mL) diced imitation crabmeat
1/2 cup (125 mL) milk	8 oz (250 g) cream cheese, diced
1 tsp (5 mL) salt	2 green onions, thinly sliced
1/2 tsp (2 mL) white pepper	1 stalk celery, thinly sliced
1/2 tsp (2 mL) dill weed	Paprika

Pour butter into a shallow 3 quart (3 L) baking dish and tilt dish to coat. Whisk together next 6 ingredients (eggs through dry mustard). Stir in crabmeat, cream cheese, onions and celery. Spoon into prepared baking dish. Cover and refrigerate for up to 12 hours. Uncover and sprinkle with paprika. Bake, uncovered, at 350°F (180°C) for 45 - 50 minutes or until knife inserted in center comes out clean. Serves 8 - 10.

SHERRIED HAM AND MUSHROOM QUICHE

1 1/2 cups (375 mL) biscuit mix	1/4 cup (50 mL) grated Parmesan cheese
1/3 cup (75 mL) hot water	3 eggs
2 cups (500 mL) sliced fresh mushrooms	1/2 tsp (2 mL) freshly ground pepper
3 green onions, sliced	1/4 tsp (1 mL) salt
1 tbsp (15 mL) butter	1/4 tsp (1 mL) dry mustard
1/2 cup (125 mL) diced ham	Dash nutmeg
3 tbsp (40 mL) dry sherry	1 1/2 cups (375 mL) light cream
1 cup (250 mL) shredded Swiss cheese	

To prepare crust, combine biscuit mix and water just until mixture comes together in a ball. Using floured hands, press dough on bottom and 2 inches (5 cm) up sides of a lightly greased 9 inch (23 cm) springform pan. Bake at 375°F (190°C) for 10 minutes. Meanwhile, to prepare filling, sauté mushrooms and onions in butter in a large frypan until no traces of liquid remain. Add ham and sherry and cook 4 minutes. Spread ham mixture over crust. Sprinkle with Swiss and Parmesan cheese. Whisk together eggs, pepper, salt, mustard and nutmeg. Whisk in cream. Pour over filling. Bake at 350°F (180°C) for 50 – 55 minutes or until knife inserted in center comes out clean. Let stand 5 minutes. Slice into wedges. Do not freeze. Serves 8.

SOUTHWESTERN HASH BROWNS

2 lb (1 kg) frozen hash browns	2 cups (500 mL) shredded cheddar cheese
1 small can diced green chilies, drained	1 cup (250 mL) light sour cream
1 can (4.5 oz/125 mL) sliced ripe olives, drained	1/2 cup (125 mL) sliced green onions
1 can (10 oz/284 mL) cream of chicken soup	

Combine all ingredients. Spoon mixture lightly into a greased 9x13 inch (23x33 cm) baking dish. May be prepared to this point and refrigerated overnight. Bake, covered, at 350°F (180°C) for 30 minutes. Uncover and bake until lightly browned, about 30 – 40 minutes. Serves 8 - 10.

MOCK EGGS BENEDICT CASSEROLE

5 English muffins, halved	2 tsp (10 mL) Dijon mustard
3 cups (750 mL) frozen chopped broccoli, thawed	1 tsp (5 mL) salt
8 slices bacon, cooked and crumbled	1/4 cup (50 mL) fresh lemon juice
4 hard-cooked eggs, coarsely chopped	1 cup (250 mL) light cream
1 cup (250 mL) shredded cheddar cheese	1 cup (250 mL) milk
3 eggs	2/3 cup (150 mL) chicken stock

Place muffin halves in a jelly-roll pan and bake at 250°F (120°C) for 40 – 45 minutes or until dry. Arrange muffin halves, cut side up, in a single layer in a buttered 9x13 inch (23x33 cm) baking dish. Sprinkle evenly with broccoli, bacon, hard-cooked eggs and cheese. Whisk together eggs, mustard, salt and lemon juice. Whisk in cream, milk and stock. Pour mixture evenly over top. Cover and refrigerate overnight. Bake, uncovered, at 350°F (180°C) for 50 – 60 minutes or until knife inserted in center comes out clean. Serves 8.

CRANBERRY COFFEE CAKE

2/3 cup (150 mL) butter, softened	1 tsp (5 mL) baking powder
1 cup (250 mL) sugar	1 tsp (5 mL) baking soda
1/2 cup (125 mL) packed brown sugar	1/2 tsp (2 mL) salt
3 eggs	1 cup (250 mL) buttermilk
1 tsp (5 mL) vanilla	Cinnamon Crunch, recipe follows
2 cups (500 mL) flour	1 3/4 cups (425 mL) fresh or frozen cranberries, finely chopped
1 tsp (5 mL) cinnamon	

Using medium speed of an electric mixer, beat together butter, sugar and brown sugar. Beat in eggs and vanilla. Combine flour, cinnamon, baking powder, soda and salt. Alternately, stir flour mixture and buttermilk into batter mixture. Spread half of batter in a greased 9x13 inch (23x33 cm) baking pan. Sprinkle half of Cinnamon Crunch over batter and top with cranberries. Spread remaining batter over top and sprinkle with remaining Cinnamon Crunch. Bake at 350°F (180°C) for 35 minutes or until cake tests done. Cool on a rack. Serve warm or at room temperature. Coffee cake may be prepared up to 24 hours in advance or frozen for up to 2 weeks. Serves 10 - 12.

Cinnamon Crunch: Combine 1/2 cup (125 mL) packed brown sugar, 1/2 tsp (2 mL) cinnamon, 1/2 tsp (2 mL) nutmeg and 1/2 cup (125 mL) chopped pecans.

FRUIT SALAD WITH LIME CILANTRO DRESSING

1 can (14 oz/398 mL) pineapple chunks, drained	1/3 cup (75 mL) fresh lime juice
3 cups (750 mL) pink grapefruit sections	2 tbsp (25 mL) honey
2 large navel oranges, peeled and sectioned	2 tbsp (25 mL) chopped fresh cilantro
2 firm kiwi fruit, peeled and sliced	Slivered peel of a large lime
1/3 cup (75 mL) orange juice	Fresh cilantro leaves

Combine fruit in a resealable plastic bag. Combine orange juice, lime juice, honey and chopped cilantro. Pour over fruit. Seal bag and refrigerate for at least 1 hour or up to 4 hours, turning bag occasionally. Drain fruit mixture and place in a shallow serving dish. Sprinkle lime peel over top. Garnish with cilantro leaves. Serves 8.