



December 14, 2017

Brunch Ideas

Nothing cures a holiday hangover quite like a hearty brunch. Our Bacon Cinnamon Pancakes are the perfect combination of sweet and savoury, combining fluffy pancakes with crispy bacon bits. They're fried in bacon fat for extra smoky flavour.

Not a fan of sweet? Our 20-egg (!) Potato Breakfast Frittata is a meal on its own. Cherry tomatoes, green onion, parsley, feta and cheddar are suspended in creamy eggs over a potato "crust", and topped with more cheddar for good measure.

For some lighter, simpler fare, give our Blueberry and Granola Breakfast Parfaits a try. You can use frozen blueberries in the sauce, making it a treat that you can enjoy year-round. Crunchy granola bars work best in this recipe, or replace with your favourite granola or cereal

BACON CINNAMON PANCAKES

Ingredients:

2 cups all-purpose flour
2 tsp baking soda
1 tsp baking powder
1 tsp cinnamon
1/2 tsp salt
1 1/2 cups chopped bacon
1 cup milk (2%)
3/4 cup plain yogurt
3 large eggs
2 tbsp salted butter, melted and cooled
2 tsp vanilla
Maple syrup

Method:

1. Combine flour, baking soda, baking powder, cinnamon and salt in a bowl; set aside.

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2. Sauté bacon in a large non-stick frypan over medium heat until browned and crisp. Remove from heat. Remove bacon with a slotted spoon; drain bacon on paper towels and set aside. Drain off and reserve 1 tbsp fat from frypan; cool slightly.
3. Whisk together reserved 1 tbsp fat, milk, yogurt, eggs, cooled melted butter and vanilla until blended. Add milk mixture to flour mixture and stir just until combined. Do not overmix.
4. Using 1/3 cup batter for each pancake, spoon batter, spreading lightly, onto a lightly greased griddle or non-stick frypan over medium heat. Sprinkle each with about 1 tbsp bacon.
5. Cook pancakes until golden brown, about 2 - 3 minutes per side. Serve with maple syrup.
Makes about 13.

POTATO BREAKFAST FRITTATA

Ingredients:

6 cups cubed peeled yellow potatoes (1/2 inch)
2 cups halved cherry tomatoes
1/2 cup crumbled feta cheese
1/2 cup shredded cheddar cheese
1/4 cup sliced green onion
2 tbsp chopped fresh parsley
20 large eggs
1/2 cup whipping cream
1/2 tsp salt
1/2 tsp freshly ground pepper
1/2 cup shredded cheddar cheese

Method:

1. Preheat oven to 350°F. Cook potatoes in boiling salted water until tender; drain and cool.
2. Place potatoes in a single layer in a greased 9x13 inch baking dish. Top with tomatoes, feta cheese, 1/2 cup cheddar cheese, green onion and parsley.



3. Whisk together eggs, cream, salt and pepper in a bowl until blended. Pour egg mixture over potato mixture. Sprinkle egg mixture with 1/2 cup cheddar cheese.

4. Bake, uncovered, until a knife inserted in centre comes out clean, about 50 - 55 minutes. Serves 10.

Cook's Note: *The potato mixture in baking dish and egg mixture in bowl may be covered and refrigerated overnight. The next morning, remove them from the refrigerator, uncover, pour egg mixture over potato mixture and sprinkle with 1/2 cup cheddar cheese. Let stand for 20 - 30 minutes while you preheat the oven. Bake as directed above.*

BLUEBERRY AND GRANOLA BREAKFAST PARFAITS

Ingredients:

4 cups (1 L) fresh or frozen blueberries
1/3 cup (75 mL) honey
2 tbsp (25 mL) finely chopped crystallized ginger
2 tbsp (25 mL) sugar
3/4 cup (175 mL) coarsely crushed granola bars (about 2)
1 tbsp (15 mL) chopped crystallized ginger
3 cups (750 mL) vanilla yogurt

Method:

1. To prepare blueberry sauce, combine blueberries, honey, 2 tbsp (25 mL) ginger and sugar in a large nonreactive saucepan. Bring to a boil over medium heat. Reduce heat and simmer, stirring frequently, until mixture is reduced and slightly thickened, about 20 minutes; cool.

2. Combine granola bars and 1 tbsp (15 mL) ginger. For each serving, spoon 1/2 cup (125 mL) yogurt into a small bowl or glass. Top with about 1/3 cup (75 mL) blueberry sauce. Sprinkle with 2 tbsp (25 mL) granola bar mixture. Serves 6.