

SAZ'S™

Cooking Notes

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Holiday Brunch Fuels the Festivity

A delicious brunch gets your holiday off on the right track. I still remember Christmas and New Year's mornings as a kid, waking up to the savory aromas wafting from the kitchen up the stairs – luring me out of bed to start the celebration of a special day. The gift of a warm meal cooked with love is a great way to start any day really. If you are looking for something a little more than bacon, eggs and toast, here are a few ideas to get the party rolling.

Full English Breakfast

You can kick fried eggs and toast up a notch by taking a cue from the British. A Full English Breakfast (a.k.a. Fry Up or Full Monty) includes fried eggs, back bacon, sausages, grilled or fried tomato, sautéed mushrooms, baked beans and toast (often fried also) with marmalade. If you want to go strictly by the book add Black Pudding, but with all the other items, and the fact that it's a bit of an acquired taste, you may want to skip it.

Down Home Breakfast

There are probably as many opinions of what a Down Home Breakfast is as there are snowflakes in the North Pole, but here are a few variations on the theme:

- Biscuits and gravy - can you beat a fresh biscuit right from the oven? Add a little sausage gravy and you'll be in hog heaven!
- Breakfast Casseroles are a hearty meal and the ingredients vary. A simple recipe from Southern Living for a Sausage & Hash Brown Casserole blends hash brown potatoes, sausage, eggs and cheese together. Follow the link to the recipe: <http://www.myrecipes.com/recipe/sausage-hash-brown-breakfast-casserole-10000000549864/>
- Breakfast skillet is another down-home breakfast treat. Crumble your favorite sausage into a frying pan and add diced potatoes, bell peppers and onions. While mixture is cooking at medium heat, beat fresh eggs and a little milk together in a bowl. When meat is brown add in the eggs and stir until eggs are cooked. Serve with toast.
- Baked French Toast Casserole – foodnetwork.com is a wonderful resource for recipes and this one for French Toast Casserole is wonderfully decadent – follow the link to delight your family and guests- <http://www.foodnetwork.com/recipes/paula-deen/baked-french-toast-casserole-with-maple-syrup-recipe2/reviews/index.html>

Saz's Sassy Breakfast Burrito

For a simply delicious (and pretty) breakfast, sauté Chorizo Sausage, diced onion, red and green bell pepper (save some for garnish), and minced garlic in a skillet over medium high heat until sausage is brown and onion is translucent. Then add beaten eggs to the pan. While mixture is cooking, warm up some refried beans on the stove or in the microwave and warm foil wrapped tortillas in the oven. To plate your dish spoon the beans on the tortillas, add the cooked egg medley, add shredded cheese and wrap your tortilla burrito-style then top with Saz's Sassy Barbecue Sauce and a few diced bell peppers. Serve with side of sour cream.

Remember to serve your scrumptious breakfasts on warm plates to keep the flavor bright and flavorful.

Bon Appétit!

