

TIME FOR BRUNCH
Lucy Van Horn for the Jericho Library

GERMAN PANCAKE

Preheat Oven to 450°

4 large eggs
1 cup milk
1 cup flour
½ teas salt
1½ tbls butter

Using a whisk beat together the eggs, milk, flour and salt until very smooth. In a heavy oven proof skillet melt the butter. Pour the batter into the hot skillet and place in hot oven. (It is important that your oven be at 450°.) After 15 minutes open the oven and pierce the center of the pancake with a fork. Lower temperature to 350° and cook for an additional 15 minutes or until golden brown and crisp. Remove from oven and allow to sit a few minutes before filling.

Your filling can be sweet or savory. Chicken hash, shrimp in a creamy white wine sauce or tiny meatballs with onions can be among savory choices for a filling. Zucchini sautéed in a bit of olive oil with onion and pepper can be another choice.

For a fruit filling, cut up 2 to 3 cups of your choice of fruit and set aside. In a pan heat 1 cup fruit juice (OJ is an easy choice) and 1 tbls cornstarch and bring to a boil to thicken. Turn off heat and add the fruit and stir. If you want the fruit a bit sweeter Add 2 tbls. brown sugar to OJ while heating.

EGGS SUPREME – A VARIATION ON A BASQUE RECIPE

2 tbs olive oil
2 large onions, sliced
3 cloves garlic, minced
1 red pepper, sliced in thin strips
4 medium tomatoes, seeded and chopped
½ teas oregano
1 jar salsa, medium or mild
¾ cup water
¼ cup mint leaves
¼ cup cilantro
salt and pepper to taste
6 to 8 eggs

Heat the olive oil in a heavy pan and add the onions and garlic. Cook for two minutes, then add peppers and cook for two more minutes. Add tomatoes and oregano, salt and pepper. Stir well then cover and cook for about 10 minutes at medium heat. Uncover then add salsa, water, mint and cilantro. Mix well. Lower heat, then crack eggs directly over pan. Shake pan gently then cover and cook until eggs have set. This can be served with bread to pick up extra sauce. Recipe is for four but you can cut the recipe in half and use four eggs for a hearty serving for two.

SPINACH SALAD WITH AVOCADO

1 lb fresh spinach, cleaned
4 slices well cooked bacon, crumbled
4 large white mushrooms, sliced
1 avocado, peeled and cut into chunks
1 cup black beans, drained and rinsed
¼ cup vinegar (changing flavors gives you different vinaigrettes)
¾ cup olive oil
1 teas Dijon mustard
salt and pepper

Place mustard and vinegar in a bowl and start whisking as you slowly add olive oil. (can also be done in blender). When it begins getting creamy add salt and pepper and set aside. Prepare other ingredients as stated above in a bowl and toss together to make the salad. Add about 1/3 of the dressing to the salad and toss. Serve the rest of the dressing in a bowl.

MANGO PINEAPPLE COCKTAIL

1 large mango, cut up
1 cup pineapple, cut up
1 lime, juiced
6 strawberries
1 cup mango juice
1 cup pineapple juice
2 cups club soda or seltzer
ice

Place mango, pineapple, strawberries, lime juice and mango juice in blender and mix. Pour into pitcher or bowl and add pineapple juice and stir. Just before serving food, fill glass half way with juice and then add soda and some ice. Makes about 6 serving. Can be kept in refrigerator for two to three days.