

BREAK FAST BAGELS

Submitted by Erin Dreyfuss

Yield: 8 bagels

Ingredients:

1 ¼ cup warm water
1 tablespoon active dry yeast
3 tablespoons white sugar
1 teaspoon salt
2 tablespoons vegetable oil (or substitute safflower)
3 ½-4 cups bread flour
4 quarts water
1 egg, beaten
OPTIONAL: ½ cup honey (Montreal style) or 2 tbsp malt syrup (the sugars will give you a crispy brown crust)
OPTIONAL TOPPINGS: sesame seeds, poppy seeds, minced onion, garlic powder, kosher salt

Directions:

1. Combine warm water, yeast, sugar, and salt in a large bowl and let sit until yeast begins to bubble (about 5 minutes).
2. Add oil and 3 cups of bread flour and knead until the mixture becomes doughy.
3. Add remaining flour ½ a cup at a time until the dough loses its stickiness. You should be able to poke the dough with your finger without the dough sticking to you and without it looking flaky. If it is too sticky, add flour a little at a time until it becomes firmer. If it is too flaky, add a bit more oil.
4. Knead dough for about 5 minutes.
5. Move the dough to a large, lightly oiled bowl. Use just enough oil to coat the outside of the dough to keep it from sticking to the bowl; too much oil will make the dough too wet. Cover the bowl with plastic wrap and place in a warm enclosed area (like your microwave or oven, but do not turn on your oven while the bowl is in there). Let dough rise until it has doubled in size (45 minutes to 1 hour).
6. Punch down the dough.
7. Place dough on a cutting board and divide it into 8 equal pieces (for larger bagels, divide into 6).
8. Roll each into a ball and make a hole in the middle with your thumb. Let the bagels rest 15-20 minutes.
9. While the bagels are resting, bring 4 quarts of water to boil in a large pot. OPTIONAL: Add honey or malt syrup.
10. Preheat oven to 475° F. Line a baking sheet with parchment paper.
11. Reduce water to a simmer and simmer the bagels 2-3 at a time (depending on the size of your pot) about 1 minute on each side. Remove bagels from the pot with a slotted spoon and place them on the baking sheet.
12. Beat 1 egg in a small bowl and put aside for egg wash

12. Once the bagels have cooled (about 2-3 minutes), brush the egg wash over the tops of the bagels with a pastry brush. Add any toppings you like.

13. Bake in the oven until the bagels begin to brown, about 15-20 minutes.

14. Let them cool before slicing them. If you plan to freeze them, slice them before putting them in the freezer.

15. Do not forget the schmear! Cream cheese, lox, tomato, and cucumber.

CORN PUDDING

Submitted by Melissa Hochberg

We have hosted Break Fast since our children were in OT preschool and we made such wonderful friends. Although we have added a few friends along the way, we are an OT Preschool gang! There were little kids and then big kids, kids off to college and now we have adult kids back again. This will be a sad year to not be able to gather together. Next year we'll do it again, B'yachad!

Here's a staple at the Break Fast and Richard Retting's favorite –

- 1 can cream corn
- 1 can regular corn
- 1 cup sour cream
- 1 egg
- 1 box corn muffin mix
- 1 stick butter

Mix together.

Bake @ 350 degrees till golden.

DAIRY NOODLE KUGEL

Submitted by Linda Meyer

1/2 lb. thin noodles cooked for 3/4 hr.

1/4 lb. Melted margarine

1/4 lb. cream cheese

3/4 cup sugar

1/2-pint sour cream

1/2 lb. cottage cheese

1 tsp vanilla

4 eggs, well beaten

Boil noodles and rinse in cold water

Add all other ingredients to the noodles in a 13 x 9 baking dish

Top with graham cracker crumbs mixed with sugar and dotted with margarine

Bake at 350 for 1 hour.

CHEESE BLINTZ CASSEROLE

Submitted by Davida Silverman Kashdan

CHEESE BLINTZ CASSEROLE

Filling:

1 lb. cottage cheese

Juice of 1 lemon

1 lb. Farmers cheese (can use
cottage cheese)

1/4 c. sugar

2 eggs

1 tsp. vanilla

Pinch of salt

Mix preceding and let stand.

Batter:

1/2 lb. (2 sticks) butter or
margarine, melt and let cool

3 tsp. baking powder

1/4 c. milk

1/2 c. sugar

Pinch of salt

1 c. flour

1 tsp. vanilla

2 eggs

Mix batter ingredients together as you would a cake alternating flour with milk. Sprinkle cinnamon and sugar between layers. Pour half of batter into large greased oblong Pyrex. Add all cheese mixture and sprinkle with cinnamon and sugar. Add remaining batter and sprinkle top with cinnamon and sugar. Bake in 300° oven for 45 to 60 minutes or till firm.

EGG CASSEROLE

Submitted by Elizabeth Maer

Ingredients

14 large eggs
1 cup ricotta cheese or small curd cottage cheese
1 tablespoon melted butter
1 cup mix-ins, optional see note
2/3 cup grated cheddar optional
softened butter for greasing the pan

Instructions

1. Preheat oven to 375°. Generously grease a 9x13 baking dish with softened butter.
2. In a large bowl, whisk eggs, ricotta/cottage cheese, melted butter, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Whisk until well combined. The more you whisk the fluffier the eggs will be. Some curds of cottage cheese might still remain, but that's fine.
3. Pour the eggs into the greased casserole dish. Sprinkle your mix-ins around evenly. Note: if adding cheese, I prefer to add some into the eggs and the rest to the top of the eggs near the end of cook time.
4. Bake until the eggs are puffed and set, approximately 25-35 minutes. Beginning checking at 25 minutes*, then every few minutes until the center is no longer jiggly. A minute or two before you pull it from the oven, top with additional grated cheese. Cut into squares and serve immediately.

Leftovers can be stored in the refrigerator and reheated in the microwave.

Notes

MIX-INS: You can add your favorite vegetables or cheese to the eggs before baking:

VEGETABLES: Diced bell peppers, potatoes, onion, spinach, kale, green chiles, mushrooms etc. Vegetables are best if they have been pre-cooked. If you are using something with high water content (like spinach or mushrooms), pre-cook and pat dry with a paper towel so that the eggs are not runny.

CHEESE: Cheddar, mozzarella, gouda, pepper jack, parmesan, goat cheese, or feta are all delicious. You can even use a combination of cheeses. I like to mix some cheese directly into the eggs and top the eggs with additional grated cheese a minute or two before pulling them out of the oven.

HALFING THIS RECIPE: Cut all the ingredients in half (I use 8 eggs) and cook in a greased 8x8 square baking pan (this makes about 6 servings). Cook time should be similar; start checking it around 20 minutes.

***COOK TIME:** If you use eggs that are extra-large or jumbo you will likely need to increase the cook time. Also, if your mix-ins are cold (from the fridge or freezer) this can add several minutes to the cook time as well. I recommend checking the casserole after 25 minutes, if the center is still underdone, continue to cook, checking it every few minutes until the center is set. It can go from underdone to done in a short period of time.

NOTE: When the eggs are baking, they will puff up quite a bit. If you like them puffy and thick, serve them immediately, piping hot from the oven. As they cool, they will sink down a bit, but they will still maintain a light, fluffy texture when reheated.

APPLE OVEN PANCAKE

Submitted by Elizabeth Maer

Ingredients

2 tablespoon butter
1/2 cup flour
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon vanilla
1/2 cup milk
2 eggs
2 tablespoons brown sugar
1 medium sized crisp apple peeled and sliced

Instructions

1. Preheat oven to 350 degrees. Place butter in a 11" x 8" or 8-9" pie pan and slide into the oven to melt while the oven is pre-heating.
2. Whisk together the flour, salt, and cinnamon. Make a well in the center and add the eggs, milk, and vanilla. Mix until blended. Set aside.
3. Remove the pan from the oven and sprinkle butter with brown sugar and cinnamon. Arrange sliced apples on top in a single layer. Pour the batter over the apples.
4. Bake for 20 minutes.
5. Take the pan out of the oven and turn it over onto a cutting board. (It will get nice and puffy while it's baking but will sink considerably after turning it out of the pan). Slice it up and serve with fruit, syrup, or powdered sugar.
6. *Tip: You can double this recipe and bake in a 13x9 pan for a slightly thicker, but still delicious, pancake.

RICH AND FRUITY NOODLE KUGEL

Submitted by Rhoda Miller

"This noodle pudding, adapted from "The Jewish Holiday Cookbook" (by Gloria Kaufer Greene, Times Books, 1985) is filled with fruit, eggs, yogurt and noodles, making it a delicious treat for breakfast, lunch or dinner -- even snacks. Fresh fruit, such as peaches and blueberries, can be substituted for the oranges and cherries when they are available" (Note: I have never done this).

My notes are in parentheses.

8 ounces medium wide egg noodles (I use a full 12-ounce bag of "no yolk" noodles)

10 1/3 ounce can of mandarin orange segments drained (I use a 14.5 ounce can)

16 ounce can pitted dark sweet cherries drained

8 ounce can crush pineapple including juice

1 cup plain nonfat yogurt (I sometimes use vanilla yogurt)

1/4 cup butter melted (can use a substitute such as Smart Balance or Earth Balance)

1/3 cup sugar

2 tablespoons honey

1 teaspoon vanilla extract

5 eggs (can use eggbeaters or similar product)

2 tablespoons sugar

1 teaspoon cinnamon

Cook the noodles according to package directions and drain well. Do not overcook because they will be cooked again. Combine them with the canned fruit and spread mixture into a well buttered 9-by-12 inch baking dish.

In a blender or food processor combine yogurt, butter, sugar, honey, vanilla, and eggs. Process until completely smooth, scraping down the sides of the container once or twice (as needed). Pour the mixture over the noodles and fruit and stir gently with a spoon so that all the ingredients are evenly distributed.

Combine the remaining sugar and cinnamon and sprinkle over the top.

Bake in a preheated 350-degree oven for one hour or until the kugel is set (my oven runs hot so I start checking at 50 minutes). Let rest 10 to 15 minutes before cutting. Serve warm or at room temperature, cut into squares. If made ahead, let it cool to room temperature and refrigerate uncut. Shortly before serving, reheat it until warmed through and then cut. Serves 12

BAKED FRENCH TOAST

Submitted by Shelly Palley

1/3 cup maple syrup
2/3 cup light brown sugar
1 stick margarine, butter, or coconut oil, melted
3 teaspoons cinnamon
¼ teaspoon nutmeg
3 tart apples peeled, cored, and thinly sliced
½ cup dried cranberries
1lb loaf challah
6 large eggs
1 ½ cups milk
1 tablespoon vanilla extract

In a large bowl combine the maple syrup, brown sugar, melted margarine, 1tsp cinnamon, and ¼ nutmeg. Add the apples and cranberries and gently stir.

Lightly grease a 9x13 pan – spread the apple mixture over the bottom.

Cut off the end of the loaf and reserve for another use. Cut the remaining bread into 1-inch thick slices. Place over the apple mixture, overlapping slightly to fit. If necessary, cut the bread slices in half to fill up any gaps.

In a medium bowl, whisk together the eggs and the remaining 2 tsp of cinnamon. Then add the milk and cinnamon to the eggs and stir until combined.

Pour over the egg mixture evenly over the bread, soaking it completely. Cover with foil and refrigerate at least 4 hours.

Preheat oven to 375 degrees. Bake covered for 40 minutes. Uncover the pan and bake for an additional 5 minutes. Remove from the oven and let it sit for 5 minutes before serving. Cut into about a dozen pieces and serve warm.