

1ST  
EDITION

ALL THE RECIPES YOU NEED

# TODAY'S COOKING

*Delicious Made Easy!*

## QUICHE, SOUFFLE, TARTS



Each Volume has  
Hundreds of Recipes

Volume

- a. **Appetizers**
- b. **Soups**
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- i. **Sweets**  
Cookies/Cakes  
Desserts
- j. **Drinks**

Volume

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Turkey & more
- m. **Meats**  
Beef  
Pork  
Lamb & more
- n. **Casseroles/Stews**
- o. **Vegetarian**
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Cooking tips & tricks

Measures & equivalents



# TODAY'S COOKING

## Welcome!

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## *Introduction*



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

# TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Thinness is not a great drawback for men, but it is a dreadful misfortune for women.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”  
- Monselet

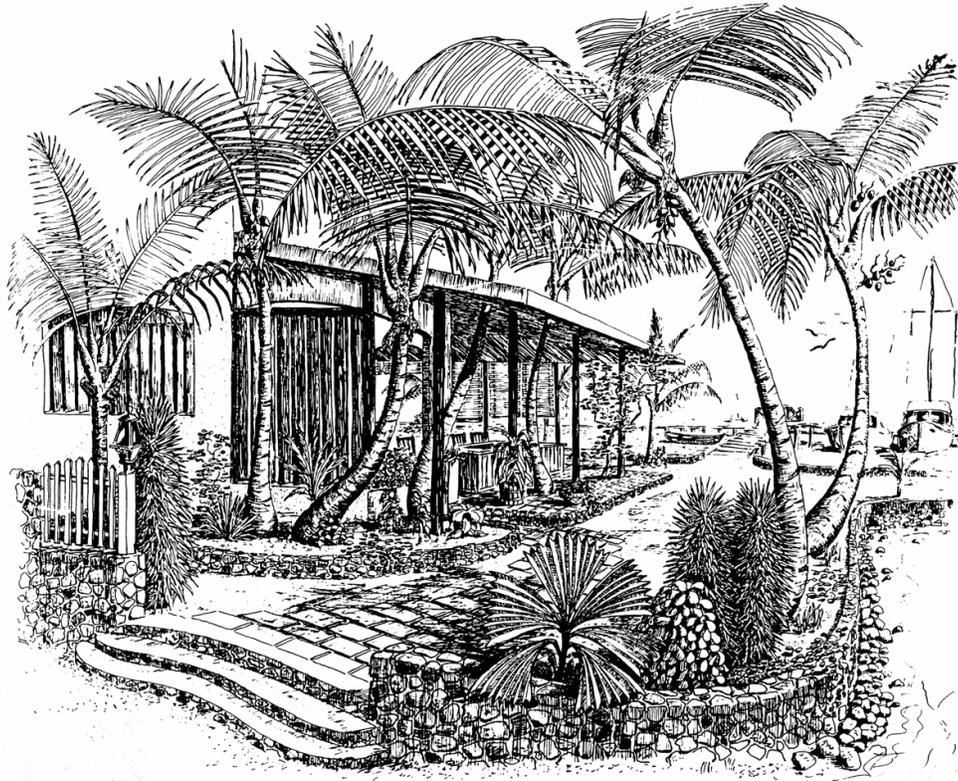
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is the “lure” of the pleasure of eating well.

# TODAY'S COOKING



St  
Maarten  
1979

Stuart R  
Denike  
2014



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## Crepes

### BASIC CREPES - MAKES 8 LARGE (8") CREPES

#### Ingredients - crepes

1. 1-1/2 cups milk
2. 1 cup flour
3. 3 eggs, beaten
4. 1/4 tsp. sea salt
5. 1/8 tsp. pepper
6. 3 Tbs. unsalted butter, melted

#### Preparation

1. Whisk together the flour, eggs, 1/2 cup milk, salt and pepper in a large bowl. Continue whisking until you have a smooth batter. Add the remaining cup of milk and stir well to combine. Cover the bowl and place it in the refrigerator to chill the batter for at least 1 hour.
2. Melt the butter in a small saucepan over medium heat. Just before you are ready to make the crepes, whisk in the melted butter. The batter should be the consistency of heavy cream; if it is too thick, add milk slowly while whisking constantly until it is the right texture.
3. Heat a 9-inch non-stick skillet or crepe pan over medium heat. Melt a teaspoon of butter in the pan or spray with vegetable spray and heat the pan until a drop of water "dances" across the surface.

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4. Using a ladle or a measuring cup with a lip, pour about 1/4 to 1/3 cup of the batter into the pan. Hold the pan with 1 hand and pour the batter in with the other. Swirl the pan while pouring so that the batter covers the pan thinly and evenly for each crepe. Pour off any excess batter. Try not to leave any holes. After the first few crepes you will know exactly how much batter your pan will hold.
5. Cook the crepe over medium-high heat until the edges turn brown, about 15 seconds. Flip the crepe using 2 small spatulas or your fingers. Cook on the second side for another 10 to 15 seconds. Remove the pan from the heat and invert it over a warm plate to stack the crepes. Keep warm until ready to use. Continue making crepes with remaining batter, adjusting the heat as needed.
6. If not using immediately, place a square of waxed paper between each crepe; place in a resealable plastic bag and store in the refrigerator. Crepes can be refrigerated for up to 2 days or frozen for several months. Reheat uncovered in a 350° F (180° C) oven (250 degrees) for 15 minutes or until warm. Fill with your favorite filling.

## MANICOTTI CREPES - MAKES 10

### Ingredients - crepes

1. 1 cup milk
2. 1 cup flour
3. 3 eggs, beaten
4. 1 Tbs. olive oil

### Ingredients - filling

1. 1 cup ricotta
2. 1/3 cup cooked, chopped and squeezed spinach
3. 1/2 cup grated Parmesan
4. 1 egg, lightly beaten
5. 1-1/2 Tbs. chopped parsley
6. Pinch nutmeg
7. 1/2 Tbs. oregano

### Ingredients - topping

8. 1 qt. (4 cups) marinara sauce
9. 1/4 cup grated Parmesan

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## Preparation

1. Whisk together all crepe ingredients. Refrigerate 1 hour.
2. Preheat oven @ 350°F (180°C).
3. Combine and mix well all the filling ingredients. Set aside.
4. Use cooking spray to grease a 6" skillet and heat over medium. Add 1/4 cup of batter to skillet; lift from heat and rotate skillet so that the batter covers the entire bottom. Cook until edges turn brown and lift off the pan (1 to 2 minutes). Flip the crepe over (OK, the less adventurous use 2 spatulas to turn it) and cook another 30 to 45 seconds. Transfer to plate and cover with wax paper. Repeat until all the crepes are made.
5. Lightly grease a 9x13 baking pan and sauce with about 1/2" of marinara.
6. Place a crepe flat on a plate and spoon on a 1/4 cup of filling lengthwise. Roll the crepe lengthwise and place seam side down into baking dish. When the pan is full, cover with the sauce and sprinkle on the cheese. Bake for 30 to 35 minutes.

## MUSHROOM, ONION, HAM & CHEESE CREPES - MAKES 8

## Ingredients

1. 10 to 12 crepes
- 
2. 2 Tbs. unsalted butter\*
3. 2 large sweet onions, halved and thinly sliced
4. Pinch sugar
5. 3 Tbs. red wine vinegar
- 
6. 2 Tbs. unsalted butter\*
7. 8 oz. sliced mushrooms
- 
8. 1 tsp. chopped fresh thyme or 1/8 tsp. dried
9. 1/2 tsp. chopped fresh rosemary or a pinch of dried
10. Salt and freshly ground black pepper
- 
11. 8 oz. grated Gruyere cheese
12. 12 to 16 slices thinly sliced ham

# TODAY'S COOKING

## Preparation

1. Preheat oven @ 225°F (107°C).
2. Melt the butter in a medium-sized skillet over medium-low heat. Add the onions and sugar and cook, stirring occasionally until soft and caramelized, about 30 minutes. Stir in a few tablespoons of vinegar and cook for 1 minute longer.
3. Melt the butter in another skillet over medium-low heat and add the mushrooms; cover and cook about 5 minutes. Uncover and cook until the moisture has evaporated. Combine with the onions. and add items 8, 9 & 10.
4. Make basic crepes.
5. For assembling the crepes: Spread some onions over the surface, sprinkle on some grated cheese and place a ham slice on top. Fold the crepe in half, then in half again to make a triangle, and heat through to melt the cheese.

Crepes can be both savory and sweet. If it's edible, you can probably use it as an ingredient in a crepe filling. Experiment!

## CREPES SUZETTE - SERVES 4

### Ingredients-crepes

1. 1-1/2 cups all-purpose flour
2. Pinch salt
- 
3. 3 eggs
4. 1/2 cup sugar
5. 2 cups milk
6. 1 Tbs. Grand Marnier
7. 1 tsp. vanilla extract
8. 1 Tbs. orange zest
- 
9. 1/2 cup clarified butter

### Preparation-crepes

1. Whisk together the first 2 items in a medium bowl.

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2. Whisk together items 3 & 4 in a large bowl until pale. Whisk in 1-1/2 cups of the milk and items 6, 7 & 8 and the flour until combined. If the mixture is too thick, add the remaining milk until the batter is of a thin consistency. Cover and refrigerate batter for 30 minutes.
3. Heat an 8-inch crepe pan or skillet over medium heat for about 1 minute. Coat the surface of the pan with clarified butter and heat until sizzling. Ladle some batter into the middle of the pan and immediately start swirling the pan to distribute the batter over the surface. Cook for 45 to 60 seconds or until lightly golden brown. Flip over and cook the other side for 20 seconds. Remove to a plate and repeat with the remaining batter.

## Ingredients-sauce

1. 1-1/2 cups freshly squeezed orange juice
2. 2 Tbs sugar
3. 2 tsp. grated orange zest
4. 2 Tbs Grand Marnier
5. 3 oranges, peeled and sectioned
6. Vanilla ice cream, for serving

## Preparation-sauce

1. In a large skillet over high heat, bring the orange juice to a boil. Add items 2 & 3, reduce the heat to a simmer, and cook until the sugar has melted and the mixture is slightly reduced, about 5 minutes. Remove from heat and add items 4 & 5. Set aside.
2. Place 2 crepes on each warm serving plate. Add some oranges and a little syrup to each. Roll the crepes into a cylinder. Top with vanilla ice cream and some more of the orange syrup. Serve immediately.

## SWEDISH CREPES - SERVES 4 TO 6

Breakfast or Dessert

## Ingredients

1. 1/2 cup all-purpose flour
2. 1/2 tsp. salt
3. 4 eggs
4. 2 Tbs. sugar
5. 2 cups milk
- 
6. Jam

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7. Powdered sugar

## Preparation

1. Beat the first 5 items until smooth.
2. Bake on a moderately hot griddle. Spread the batter as thin as possible. When golden, spread with jam; roll the crepes up and sprinkle with the sugar

## Puffs

### BAKED VEGETABLE PUFF - SERVES 4

#### Ingredients

1. 1 Tbs. butter
- 
2. 1/2 cup flour
3. 2 eggs, beaten
4. 1/2 cup milk
5. 1/4 tsp. salt\*
- 
6. 2 cups broccoli florets
7. 1 cup green pepper, chopped
8. 1 cup tomatoes, chopped
9. 1/2 cup red onion, sliced
10. 1/4 tsp. salt\* and 1/8 tsp. pepper
- 
11. 1-1/2 cups (6 oz.) cheddar cheese, shredded

#### Preparation

1. Preheat oven to 450°F (230°C).

# TODAY'S COOKING

2. Place the butter in a 9" pie plate and heat in oven until melted. Tilt to coat bottom and sides.
3. Beat the flour, eggs, milk and the salt until smooth. Pour into the plate or skillet and bake until puffed and brown (about 16 minutes).
4. Steam the vegetables over boiling water 8 to 10 minutes. Drain well and add the remaining salt and pepper.
5. Spread half the cheese over the pastry; add the vegetables; top with remaining cheese and bake another 3 to 4 minutes. Cut and serve immediately.

For meat lovers: Add 1/2 lb. of cooked ground meat over the vegetables; add the remaining cheese and top with crumbled bacon.

## BAKED CARROT PUFF - SERVES 4

### Ingredients

1. 1/2 cup. butter
2. 1/2 cup flour
3. 1-1/2 cup half'n'half
4. 1 cup cooked and pureed carrots
5. 6 eggs, separated
6. 1/2 tsp. ea. salt & nutmeg
7. 1/8 tsp. pepper

### Preparation

1. Preheat oven to 350°F (180°C).
2. In a saucepan over medium heat, melt the butter; stir in the flour and cook, stirring, 2 minutes. Blend in items 3 & 4 and cook, stirring until thickened. Remove from heat and beat in the egg yolks and items 6 & 7. Cool.
3. Butter a 1 quart soufflé dish and fit with a 2" foil collar.
4. Beat the egg whites until stiff. Fold into the carrot mixture about 1/4 of the whites. When incorporated, fold in the remaining whites. Pour into the soufflé dish and bake 1 hour.

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## SAVORY DUTCH BABY - SERVES 4

### Ingredients

1. 2 Tbs. unsalted butter
2. 3/4 cup flour
3. 1/2 tsp. salt
4. 1/4 tsp. each red pepper flakes and black pepper
5. 4 eggs, room temperature
6. 3/4 cup milk, room temperature
7. 1 tsp. Dijon
8. 1 cup shredded cheese, such as provolone, Swiss or cheddar, divided
9. 3 oz. ea. thin sliced salami and deli ham
10. 1/3 cup chopped tomatoes
11. 1/4 cup chopped fresh parsley

### Preparation

1. Preheat oven to 425°F (220°C) and place an 8" cast-iron skillet on center rack.
2. Combine ingredients 2, 3 & 4. Whisk ingredients 5, 6 & 7 well and add to the flour mix. Whisk to completely combine and mix in half the cheese.
3. Remove skillet; add the butter and swirl to coat bottom and sides. Place half the meat on the bottom of the skillet; pour the batter over the meat and bake 16 to 18 minutes.
4. Preheat broiler and place a rack in the broiler position. Add remaining meat to the skillet; top with the cheese and broil about 2 minutes. Add the tomatoes and parsley and heat 1 minute.

## GARLIC & ROSEMARY DUTCH BABY - SERVES 4

### Ingredients

1. 3 large eggs
2. 3/4 cup whole milk
3. 3/4 cup all-purpose flour
4. 1 tsp. kosher salt

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5. 6 Tbs. unsalted butter
6. 6 garlic cloves, thinly sliced
7. 2 Tbs. chopped fresh rosemary, divided
8. Sea salt

## Preparation

1. Preheat oven to 425°F (220°C).
2. Whisk together items 1 through 4; let sit 5 minutes.
3. In a large ovenproof, nonstick skillet over medium heat, melt the butter and sauté items 6 & 7 for 1 minute. Add the batter and sprinkle with more rosemary. Bake until puffed and golden around the edge, 18 to 20 minutes. Sprinkle with sea salt.

## MUSHROOM & SAUSAGE DUTCH BABY - SERVES 6 TO 8

### Ingredients

1. 3 large eggs
2. 1/2 cup whole milk
3. 1/2 cup all-purpose flour
4. 2 Tbs. unsalted butter, melted\*
5. 1/2 tsp. kosher salt
6. 1/4 tsp. freshly ground black pepper
- 
7. 1/2 lb. breakfast sausage, casings removed and meat crumbled
8. 1 Tbs. unsalted butter\*
9. 1/2 lb. white button mushrooms, stems removed and caps cut into 1/2-inch pieces
10. 2 Tbs. chopped fresh flat-leaf parsley
11. 1 Tbs. chopped shallots
12. Salt & pepper to taste
13. 1 cup grated Gruyere or Swiss cheese

### Preparation

1. Preheat oven to 425°F (220°C).
2. Whisk together items 1 through 6 until smooth. Cover and refrigerate.

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3. Cook the sausage in a large nonstick skillet over medium-high heat, breaking up any big chunks, until browned and cooked through, about 5 minutes; transfer to a small bowl, and set aside.
4. Reduce the heat to medium, and add the remaining 1 tablespoon of butter to the skillet. Add items 9, 10 & 11 and some salt and pepper. Cook, stirring occasionally, until the mushrooms are lightly browned and softened, about 5 minutes. Stir in the sausage. Put the skillet in the oven for 2 minutes. Make sure that the sausage and mushrooms are evenly distributed over the bottom of the pan. Sprinkle the Gruyere evenly over the mixture and carefully pour in the batter. Bake until browned and puffed, 20 to 22 minutes.

## SUMMER TORTE - SERVES 8

### Ingredients

1. Unsalted butter
2. 1 bunch green onions, thinly sliced
3. 1 cup Parmesan cheese
4. 2 Tbs. flour
5. 1 Tbs. chopped fresh thyme
6. 1-1/2 tsp. salt
7. 3/4 tsp. black pepper
8. 2 lbs. Yukon Gold potatoes
9. 3/4 lbs. yellow squash
10. 2 Tbs. olive oil

### Preparation

1. Preheat oven to 375°F (190°C) and butter two 8" cake pans.
2. Set aside 1/4 cup of the onions. Combine the remaining onions with items 3 through 7.
3. Peel and cut the potatoes into 1/8" rounds; layer in the cake pans. Also cut the squash into 1/8" rounds.
4. Place the potatoes in concentric circles in the bottom of the pans, overlapping slightly. Next place a layer of the squash the same way. Drizzle on 1 tsp. of olive oil and sprinkle with some of the cheese mix. Repeat to create 6 layers. Cover with foil and bake 40 minutes. Remove the foil and bake another 25 minutes. Sprinkle the tortes with the remaining green onions and cut into wedges.

**Note:** These can be made ahead of time. Cool; cover with foil and refrigerate. Warm, covered, in the oven @350°F (180°C) for 30 minutes.

# TODAY'S COOKING

## BAKED SPANISH PUFF - SERVES 10

### Ingredients

1. 2 Tbs.+ olive oil
2. 1 lb. Yukon gold potatoes, cut into 1/2" pieces
3. Salt & pepper
4. 4 scallions
5. 1 medium-sized red bell pepper, cut into 1/4" pieces
6. 2 garlic cloves, minced or pressed
- 
7. 6 oz. shiitake or oyster mushrooms, sliced (optional)
8. 1 tsp. crushed red pepper or hot sauce to taste
- 
9. 10 large eggs
10. 1 cup sour cream
11. 1-1/2 cups (6 oz.) grated extra sharp Cheddar cheese
12. 1/2 cup (2 oz.) grated Parmesan cheese

### Preparation

1. Preheat oven to 375°F (190°C).
2. Place the potatoes in a large saucepan and cover with cold water. Bring to a boil; add 1/2 tsp. salt; reduce heat and simmer 5 to 8 minutes. Drain and set aside.
- 
3. Cut the scallions to separate the green from the white parts. Chop the white and slice the green, keeping them separate.
4. Use some of the oil to lightly grease a 2 qt. baking dish. In a large skillet heat the remaining oil over medium heat. Add the white scallion, garlic and red pepper and cook 3 minutes. Add the mushrooms and cook 3 minutes. Gently stir in the potatoes; gently mix and transfer to the baking dish.
5. Whisk the eggs and sour cream together in a large bowl. Add in the cheeses, green onion and 1/2 tsp. salt and pepper to taste. Pour into the baking dish and gently stir.
6. Bake 35 to 40 minutes until puffed, golden brown. Let set 10 minutes before serving.

# TODAY'S COOKING

## Quiche

For these quiche you can either make the crust or use refrigerated pie crust.

### QUICHE CRUST

#### Ingredients

1. 1-1/4 cups AP flour
2. Pinch of salt (<1/8 tsp.)
- 
3. 3 Tbs. ea. butter & shortening
4. 3 to 4 Tbs. cold water

#### Preparations

1. Sift the flour and salt together. Use a pastry blender or knives to cut the butter and shortening into the flour until it looks like coarse meal. Add 3 Tbs. water and mix with a fork and then use your hands and work the dough until you can form a ball. If it's too crumbly, add a touch of water. Wrap the dough in plastic wrap or wax paper and refrigerate 1 hour.
2. Preheat the oven @ 400°F (200°C).
3. On a floured surface, roll the dough out to fit a 9" quiche pan or pie plate. Cover with foil, being sure to wrap over the edge. Fill with dried beans or uncooked rice and bake 7 minutes. Carefully remove the beans and foil and use a fork to prick the bottom of the crust. Bake 5 minutes more and then let cool.

# TODAY'S COOKING

## QUICK GREEN QUICHE - SERVES 4

### Ingredients

1. 4 Tbs. butter
2. 1 large onion, chopped
3. 1/2 lb. mushrooms
- 
4. 3 oz. cream cheese
5. 1/2 cup plain soft bread crumbs
6. 1 cup half'n' half or heavy cream
7. 1/4 cup Parmesan cheese
8. 1 tsp. dried tarragon
9. 1/8 tsp. ground nutmeg
10. Ground black pepper & salt to taste
11. 2 eggs, beaten
12. 1 package frozen spinach thawed, drained & chopped
- 
13. [Home made crust](#) or 1 sheet refrigerated pie crust

### Preparations

1. Preheat the oven to 400°F (200°C).
2. Cook the onion and mushrooms in the butter until soft.
3. Place the pie crust into a 10 inch pie plate; bake 5 minutes and remove from the oven.
4. Mash the cream cheese until soft. Stir in ingredients 5 through 12. Add the onions and mushrooms.
5. Spread the mixture on to the pie crust and bake for 35 minutes or until the center is set. Cool slightly before cutting and serving.

# TODAY'S COOKING

## SALMON & SWISS CHARD QUICHE - SERVES 4

### Ingredients

1. 1 Tbs. butter\*
2. 1/4 cup plain dried bread crumbs
- 
3. 2 cups 2% milk
4. 8 oz. salmon fillets, skin removed
- 
5. 1 Tbs. butter\*
6. 1/3 cup chopped onion
7. 1/2 bunch Swiss chard, chopped
8. 1/2 tsp. salt
9. 1/8 tsp. ground black pepper
10. 1/2 tsp. dried marjoram
11. 1/8 tsp. ground nutmeg
- 
12. 3 eggs
13. 1 cup reserved milk

### Preparation

1. Preheat the oven to 350 degrees F (175 degrees C). Butter a 10 inch pie plate using about 1 tablespoon of butter. Sprinkle bread crumbs into the pie dish and shake to coat evenly, discarding excess.
2. Pour the milk into a large saucepan and warm over medium heat. Add the salmon fillets and bring to a simmer. Cover and cook for about 10 minutes, or until salmon can be flaked with a fork. Save 1 cup of the milk.
3. Melt the remaining butter in a large skillet over medium heat. Add the onion and Swiss chard; cook and stir until tender and most of the liquid has evaporated. Season with salt, pepper, marjoram and nutmeg. Set aside to cool; you should have about one cup of chard and onion.
4. Spread the chard mixture and flake the salmon into the prepared pie plate. In a medium bowl, whisk together the eggs and one cup of cooled milk from poaching the salmon. Pour into the pie dish.
5. Bake for 35 minutes or until the center is set. Cool slightly before serving.

# TODAY'S COOKING

## SWISS CHARD, MOZZARELLA & ZUCCHINI QUICHE - SERVES 4

### Ingredients

1. 2 Tbs. olive oil
2. 2 cloves garlic, finely chopped
3. 1 sprig fresh rosemary, leaves finely chopped
4. 5 leaves Swiss chard including stems, roughly chopped
5. 1/2 tsp. tarragon
6. 5 fresh basil leaves, roughly chopped
7. Salt and black pepper to taste
8. 6 fresh 1" mozzarella balls, quartered
9. 1 large zucchini
- 
10. 2 eggs
11. 1 cup milk
- 
12. 3 Tbs. butter
13. 1-1/2 cups dry bread crumbs

### Preparation

1. Preheat oven to 400°F (200°C).
2. Heat olive oil in a skillet; cook and stir the garlic in the hot oil until slightly browned, 2 to 3 minutes. Sprinkle in the rosemary and let cook until fragrant, 1 to 2 more minutes. Cook and stir the chard until the leaves are wilted; cover the skillet and let the chard steam until the stems are tender, about 5 minutes. Transfer the chard mixture to a bowl, stir in the tarragon and basil, season to taste with salt and pepper, and let cool. Stir in the mozzarella.
3. Trim the stem and blossom ends from the zucchini and halve lengthwise. Scoop out the flesh with a spoon, leaving a 3/4-inch thick shell. Discard the flesh. Beat 2 eggs with the milk in a bowl. Lightly fill the shells with the chard mixture. Pour the egg mixture over the chard.
4. Bake in the preheated oven until the quiche filling is set and the zucchini shells are tender, about 40 minutes.
5. To prepare crumb topping, melt butter in a skillet over medium heat; cook and stir the bread crumbs in the butter until well combined and starting to give off a toasty fragrance, about 2 minutes. Remove the stuffed zucchini from the oven and gently pat the bread crumbs over the top in a layer; return to oven and bake until the crumbs are browned, 10 to 15 more minutes.

# TODAY'S COOKING

## ONION QUICHE - SERVES 6

### Ingredients

1. Home made crust or 1 sheet refrigerated pie crust
- 
2. 1/4 cup olive oil
3. 5 cups thinly sliced onions
- 
4. 1/4 tsp. nutmeg
5. 1/2 tsp. salt
6. Freshly ground black pepper to taste
7. 5 eggs
8. 1 cup milk\*
9. 1 Tbs. Dijon mustard
- 
10. 1 cup shredded Gruyere or Swiss cheese

### Preparation

1. Preheat oven to 375° F (190° C).
  2. Press the pie crust into a 9" pie plate. Cover loosely with plastic wrap and refrigerate.
  3. Heat the oil in a large skillet over medium and add the onions. Cook until browned (about 35 to 40 minutes), stirring occasionally. Towards the end of cooking time heat might need to be lowered to prevent burning. Set aside to cool.
  4. Combine items 4 through 9 and whisk well.
  5. Sprinkle the cheese over the pie shell; add the onions and pour on the egg mixture.
  6. Bake 45 minutes or until crust is golden and a toothpick inserted into the center comes out clean. Let rest on a wire rack 5 to 10 minutes.
- \* for a richer quiche, use 1/2 cup milk and 1/2 cup half'n'half.

# TODAY'S COOKING

## QUICHE LORRAINE - SERVES 4

### Ingredients

1. 8 slices cooked bacon, chopped
2. 8 slices Swiss cheese, finely chopped
3. 4 eggs, at room temperature
4. 1 scallion, chopped
5. 2 cups cream or half'n' half
6. 1 Tbs. flour
7. 2 Tbs. butter
8. Salt & pepper to taste
9. Pinch or 2 of nutmeg
10. [Home made crust](#) or 1 unbaked pie crust or shell

### Preparation

1. Preheat oven to 375°F (190°C).
2. Fit the pie crust into a 9" pie plate. Place items 1 & 2 over the pie crust.
3. Beat the eggs; add items 4 through 8 and pour into the crust. Sprinkle the nutmeg on top and bake 25 minutes. Test with a toothpick placed into the center. If it comes out clean, it's done.

## QUICHE LORRAINE #2 - SERVES 6

### Ingredients

1. 1/2 lb. cooked bacon, crumbled
2. 1 cup grated Swiss cheese
3. [Home made crust](#) or 1 unbaked pie crust or shell
- 
4. 4 eggs
5. 3/4 cup milk
6. 3/4 cup heavy cream
7. 2 Tbs. unsalted butter, melted
8. 1 Tbs. flour
9. Pinch (<1/8 tsp.) salt

# TODAY'S COOKING

10. Pinch (<1/8 tsp.) cayenne
11. Pinch (<1/8 tsp.) nutmeg

## Preparation

1. Preheat oven to 375°F (190°C).
2. Fit the pie crust into a 9" pie plate. Place items 1 & 2 over the pie crust.
3. Beat items 4 through 9 and pour into the crust. Sprinkle the nutmeg on top and bake about 40 minutes. Test with a toothpick placed into the center. If it comes out clean, it's done. Let sit 10 minutes before serving.

## TOMATO & ANCHOVY QUICHE - SERVES 6

### Ingredients

1. 1 can (14-1/2 oz.) diced tomatoes, well drained
2. 1/2 cup thinly sliced onion
3. 2 Tbs. fresh chopped basil or 2 tsp. dried
4. 1 can (2oz.) anchovies, drained
5. [Home made crust](#) or 1 unbaked pie crust or shell
- 
6. 4 eggs
7. 3/4 cup milk
8. 3/4 cup heavy cream
9. 2 Tbs. unsalted butter, melted
10. 1 Tbs. flour
11. Pinch (<1/8 tsp.) salt
12. Pinch (<1/8 tsp.) cayenne
13. Pinch (<1/8 tsp.) nutmeg

### Preparation

1. Preheat oven to 375°F (190°C).
2. Fit the pie crust into a 9" quiche pan or pie plate. Place the tomatoes over the pie crust and sprinkle the onion and basil on top.
3. Beat items 6 through 13 and pour into the crust. Bake about 40 minutes. Test with a toothpick placed into the center. If it comes out clean, it's done. Let sit 10 minutes before serving.

# TODAY'S COOKING

## MUSHROOM QUICHE - SERVES 6

### Ingredients

1. 3 Tbs. butter
2. 1 to 2 shallots, finely chopped
3. 1/2 lb. fresh mushrooms, sliced
4. Juice of 1/2 lemon
5. 2 Tbs. dry sherry or Madeira
6. 1/4 tsp. salt
7. [Home made crust](#) or 1 unbaked pie crust or shell
- 
8. 4 eggs
9. 1-1/2 cups heavy cream
10. 1/4 cup dry white wine
11. Black pepper
12. Pinch (<1/8 tsp.) salt
13. Pinch (<1/8 tsp.) nutmeg

### Preparation

1. Preheat oven to 375°F (190°C).
2. Sauté the shallots until soft. Add items 3 through 6; cover and simmer, stirring occasionally for 7 minutes. Uncover and cook until the liquid evaporates..
3. Place the mushrooms in the crust. Beat items 8 through 13 and pour over the mushrooms. Bake about 40 minutes. Test with a toothpick placed into the center. If it comes out clean, it's done. Let sit 10 minutes before serving.

**Variation:** Add 1/2 lb. crumbled, cooked bacon and 2 Tbs. minced parsley.

# TODAY'S COOKING

## CHEESE & SPINACH QUICHE - SERVES 6

### Ingredients

1. 1 pkg. fresh spinach or 1 (10 oz. pkg. frozen chopped spinach)
2. 1/2 cup thinly sliced onion
3. 4 Tbs. sour cream
4. [Home made crust](#) or 1 unbaked pie crust or shell
5. 1/2 cup grated Swiss cheese
6. 3 Tbs. grated Parmesan
- 
7. 4 eggs
8. 3/4 cup milk
9. 3/4 cup heavy cream
10. 2 Tbs. unsalted butter, melted
11. 1 Tbs. flour
12. Pinch (<1/8 tsp.) salt
13. Pinch (<1/8 tsp.) cayenne
14. Pinch (<1/8 tsp.) nutmeg

### Preparation

1. Preheat oven to 375°F (190°C).
2. Fit the pie crust into a 9" quiche pan or pie plate. Blanch the fresh spinach; drain; press out the liquid and chop. If using the frozen spinach, cook and press out the liquid.
3. Combine the spinach and items 2 & 3 and place on the crust. Sprinkle on the cheeses.
4. Beat items 7 through 14 and pour over the quiche. Bake about 40 minutes. Test with a toothpick placed into the center. If it comes out clean, it's done. Let sit 10 minutes before serving.

## HAM & CHEESE QUICHE - SERVES 6

### Ingredients

1. 1/2 lb. cooked ham, cubed
2. 1 cup grated Swiss cheese
3. [Home made crust](#) or 1 unbaked pie crust or shell
-

# TODAY'S COOKING

4. 4 eggs
5. 3/4 cup milk
6. 3/4 cup heavy cream
7. 1/2 Tbs. Dijon mustard
8. 2 Tbs. Madeira (optional)
9. 2 Tbs. unsalted butter, melted
10. 1 Tbs. flour
11. Pinch (<1/8 tsp.) salt
12. Pinch (<1/8 tsp.) cayenne
13. Pinch (<1/8 tsp.) nutmeg
- 14.

## Preparation

1. Preheat oven to 375°F (190°C).
2. Fit the pie crust into a 9" quiche pan or pie plate. Distribute the ham and cheese on the crust.
3. Beat items 4 through 13 and pour onto the quiche. Bake about 40 minutes. Test with a toothpick placed into the center. If it comes out clean, it's done. Let sit 10 minutes before serving.

# Soufflé

## SWISS CHEESE SOUFFLÉ - SERVES 4

### Ingredients

1. 1/4 cup butter, melted
2. 1/4 cup flour
3. 1/2 tsp. salt
4. 1/4 tsp. dry mustard
5. Dash of cayenne
6. 1 cup milk
7. 1 cup shredded cheese (Swiss, cheddar or just about any favorite cheese)
8. 3 large eggs, separated
9. 1/4 tsp. cream of tartar

# TODAY'S COOKING

## Preparation

1. Preheat oven to 350°F (180°C). Butter a 4 cup soufflé dish and fit with a 4" foil collar, also buttered.
2. Blend items 1 through 5 and cook over low heat until smooth and bubbly. Stir in the milk until smooth; bring to a boil and boil, stirring, for 1 minute. Stir in the cheese until melted and remove from the heat.
3. Beat the egg whites with the tartar until stiff peaks form. Beat the yolks until thick and stir into the cheese mixture. Stir 1/4 of the whites into the cheese mixture and then gently fold the cheese mixture into the whites. Carefully pour the batter into the soufflé dish and bake 50 to 60 minutes.

## CHEDDAR CHEESE SOUFFLÉ - SERVES 4

## Ingredients

1. 3-1/2 Tbs. butter
2. 4-1/2 Tbs. flour
3. 1/2 tsp. salt
4. 1/4 tsp. dry mustard
5. A pinch ea. of cayenne and nutmeg
6. 1-1/2 cups milk, heated
7. 6 large eggs, separated
8. Whites of 2 more eggs
9. 1/2 tsp. cream of tartar
10. 1 cup grated cheddar

## Preparation

1. Preheat oven to 400°F (200°C). Butter a 8 cup (2 qt.) soufflé dish and fit with a 4" foil collar, also buttered.
2. Blend items 1 through 5 and cook over low heat until smooth and bubbly. Stir in the milk until smooth; bring to a boil and boil, stirring, for 1 minute. Stir in the cheese until melted and remove from the heat.
3. Beat the egg whites with the tartar until stiff peaks form. Beat the yolks until thick and stir into the cheese mixture. Stir 1/4 of the whites into the cheese mixture and then gently fold the cheese mixture into the whites. Carefully pour the batter into the soufflé dish and bake 50 to 60 minutes.

# TODAY'S COOKING

## CORNMEAL SOUFFLÉ - SERVES 4 TO 6

### Ingredients

1. 1 cup milk
2. 3/4 cup cornmeal
3. 2 Tbs. butter
4. 1 tsp. salt
5. 4 eggs, at room temperature, separated

### Preparation

1. Preheat oven to 400°F (200°C). Butter a 2 quart soufflé dish.
2. Bring the milk to a simmer and gradually stir in the cornmeal. Cook, stirring, until thick. Add the butter and salt and mix well.
3. Beat the yolks and stir in. Beat the whites until soft peaks form and stir 1 spoonful into the cornmeal mixture. Gently fold the whites into the cornmeal mixture and then carefully pour the batter into the soufflé dish and bake 25 minutes.

**Variations:** 1. Omit the salt and add 1/2 cup grated Parmesan cheese. 2. Add 1/2 cup of whole kernel corn.

## CORN & ZUCCHINI SOUFFLÉ - SERVES 8 TO 10

### Ingredients

1. 2 medium-sized zucchini (about 1-1/2 lbs.)
2. 1 tsp. salt\*
3. 6 eggs, at room temperature, separated
4. 2 fresh ears of corn, shucked or thawed, frozen corn
5. 6 Tbs. unsalted butter
6. 2 scallions, thinly sliced
7. 6 Tbs. flour
8. 1-1/2 tsp. salt\*
9. 1/4 tsp. pepper or to taste
10. 1-1/4 cups milk
11. 1/2 cup shredded Swiss cheese or cheese of your preference

# TODAY'S COOKING

## Preparation

1. Sprinkle the zucchini with 1 tsp. of salt and let drain in a colander for 30 minutes. Rinse and pat dry.
2. Preheat oven to 350°F (180°C). Butter a 2-1/2 quart soufflé dish. Lightly dust with flour.
3. Boil the fresh corn for about 5 minutes. Cool and cut the kernels off the cob. Place in a large bowl.
4. In a large skillet over medium-high heat, melt the butter and sauté the green onions and zucchini until tender, about 6 to 8 minutes. Stir in items 7, 8 & 9 and cook 2 minutes. Stir in the milk; bring to a boil, constantly stirring, and cook until thickened, about 2 minutes.
5. Add the zucchini mix to the corn and stir in the cheese. Whisk the egg yolks and stir in a little of the hot zucchini mix. Stir all of this back into the rest of the zucchini mix.
6. In a large bowl, beat the egg whites on high until firm, but not dry, peaks form. With a flexible spatula, gently fold into the zucchini mix about 1/4th the whites. When fully incorporated, fold in the rest of the whites. Gently pour into the soufflé dish and bake 45 to 50 minutes.

## HAM & PROVOLONE SOUFFLÉ - SERVES 4 TO 6

### Ingredients

1. 1/4 cup (1/2 stick) unsalted butter
2. 1/2 cup flour
3. 1/8 tsp. white pepper
4. 2 cups milk
5. 6 eggs, at room temperature, separated
6. 1/4 tsp. cream of tartar
7. Sliced ham and provolone cheese

### Preparation

1. Preheat oven to 375°F (190°C).
2. In a saucepan, melt the butter and stir in items 2 & 3. Cook 2 minutes and slowly stir in the milk. Cook until thickened. Remove from the heat. Slowly stir into 6 beaten egg yolks.
3. Beat the egg whites with the cream tartar until stiff. Fold a little into the yolk mix and then fold the yolk mix back into the whites. Spread into a baking pan and bake 20 minutes.

# TODAY'S COOKING

4. Turn the soufflé onto a sheet of foil. Top with the ham and cheese and use the foil to roll it up. Lightly grease a pan and place the roll into it. Cover the pan with foil and chill at least 4 hours. Bake @ 375°F (190°C) about 40 minutes. Slice and serve with parsley sauce. See Dressings\_Sauces\_Seasonings, pg. 29.

## Tarts

### ONION & MUSHROOM TART - SERVES 4 (8 AS APPETIZER)

#### Ingredients

1. 1 refrigerated pie crust
2. 1 Tbs. Dijon mustard
- 
3. 4 Tbs. butter - divided
4. 2 medium-sized onions, sliced lengthwise
5. 2 sprigs fresh thyme, finely chopped or 2 tsp. dried
6. 1/4 tsp. sea salt
7. Freshly ground black pepper to taste
- 
8. 6 oz. fresh mushrooms such as chanterelle, sliced lengthwise
- 
9. 2 eggs
10. 1 cup half'n'half
11. 2 sprigs parsley, chopped
12. 1 cup each shredded Gruyere or Swiss and mozzarella cheese

#### Preparation

1. Preheat oven to 350° F (180° C).
2. Press the pie crust into a 12" tart or pie pan. Brush the crust with the mustard and bake 10 minutes; cool.
3. Melt half the butter in a deep skillet over medium-low heat and stir in the onions. Cover and sauté 20 minutes, stirring every 5 minutes. Remove cover and sauté 5 minutes more.

# TODAY'S COOKING

4. Add thyme, salt & pepper; stir well and remove to a bowl.
5. Melt the remaining butter in the skillet and cook the mushrooms 7 to 10 minutes. Remove from heat.
6. Combine the eggs and half'n'half and beat well. Stir in the parsley.
7. Sprinkle half the cheese over the pie shell; add the onion and pour in the egg mixture. Add the mushrooms and top with the rest of the cheese.
8. Bake 50 minutes or until crust is golden and a toothpick inserted into the center comes out clean. Let rest 5 minutes.

## Variation:

1. Add 1 to 2 cups cooked chicken or other meat to the heated mushrooms.
2. Stir into the egg mixture 1 cup of chopped spinach.
3. \* for a lower calorie version: use 3 eggs and 1 cup milk instead. For a firmer texture, mix in 1 heaping Tbs. of corn starch into the milk mixture.

## ONION TART - SERVES 8

### Ingredients

1. 1 stick butter
2. 8 cups finely chopped onion
3. 2 tsp. salt
4. 1/2 tsp. cumin
- 
5. 4 eggs
6. 1/2 cup sour cream
- 
7. 1 [home made crust](#) or 1 refrigerated pie crust

### Preparation

1. Preheat oven to 425° F (220° C).
2. Sauté the onion in the butter for 20 minutes, stirring frequently. Add items 3 & 4.
3. Beat together items 5 & 6 and add to the onions. Pour into the pie shell and bake 35 minutes.

# TODAY'S COOKING

## VEGETABLE TART - SERVES 6

### Ingredients

1. 2 Tbs. butter
2. 2 large onions, thinly sliced
3. 1 garlic clove, minced or pressed
4. 1/2 medium zucchini, thinly sliced
5. 3 medium tomatoes, chopped & drained or 1 can (14-1/2 oz.) drained
6. 2 Tbs. minced parsley
7. 1/2 tsp. salt
8. Black pepper to taste
9. 1/2 tsp. dried basil
- 
10. 2 eggs, beaten
11. 1/2 cup grated cheese of your choice
- 
12. 1 [home made crust](#) or 1 refrigerated pie crust

### Preparation

1. Preheat oven to 425° F (220° C).
2. Sauté the onion and garlic in the butter until soft, stirring frequently. Add items 4 through 9 and sauté 10 minutes. Cool; stir in the eggs and pour into the crust. Sprinkle on the cheese and bake 20 to 25 minutes. Test with a toothpick. Let rest 5 minutes.

## EGG & SHRIMP TART - SERVES 6

### Ingredients

1. 3 Tbs. butter\*
2. 3 Tbs. flour
3. 1 tsp. curry powder
4. 1/2 tsp. salt
5. Black pepper to taste
6. 1 cup half'n'half
7. 1/2 cup dry white wine

# TODAY'S COOKING

8. 2 Tbs. minced parsley
9. 6 hard cooked eggs, slice
10. 1-1/2 cups cooked, chopped shrimp
11. 1 [home made crust](#) or 1 refrigerated pie crust
- 
12. 1/2 cup fine bread crumbs
13. 1 Tbs. butter\*

## Preparation

1. Preheat oven to 350° F (180° C).
2. Melt the butter; add the flour and items 3, 4 & 5. Cook 2 minutes, stirring until smooth. Slowly stir in items 6 & 7 and cook, stirring, until thickened. Stir in items 8, 9 & 10 and pour into the crust. Sprinkle on the crumbs; dot with butter and bake 15 to 25 minutes. Test with a toothpick. Let rest 5 minutes.

**Variation:** For the shrimp, substitute crab or chicken.

## TEX-MEX APPETIZER TART - SERVES 6 TO 8

### Ingredients

1. 2 Tbs. butter
2. 2 large onions, thinly sliced
3. 1 garlic clove, minced or pressed
4. 1 cup ea. shredded Colby and Monterey jack cheese.
5. 1/2 cup chopped roasted red pepper.
6. 1 can (4-1/2 oz.) chopped green chiles
7. 1/2 cup mayonnaise
8. 1 [home made crust](#) or 1 refrigerated pie crust
9. 1/4 cup chopped parsley

### Preparation

1. Preheat oven to 375° F (190° C).
2. Sauté the onion and garlic in the butter until soft, stirring frequently. Mix together items 4 through 7 and add the sauté; blend well.

# TODAY'S COOKING

3. Place the pie crust on an ungreased pizza pan. Spread on the topping to within 1" of the edge. Fold the crust edge over the filling, forming a boarder. Flute the boarder and bake 25 to 35 minutes or until the crust is golden. Sprinkle with the parsley.

## EASY ONION & CHEESE TART - SERVES ABOUT 10

### Ingredients

1. 1 envelope Lipton Onion Soup Mix
2. 1 cup milk
3. 1 egg, beaten
4. 1/2 tsp. dried rosemary
5. 1 pkg. (8 oz.) shredded mozzarella
- 
6. 2 [home made crusts](#) or 2 refrigerated pie crusts

### Preparation

1. Preheat oven to 375° F (190° C).
2. In a small bowl, combine and blend items 1 through 4. Add the cheese and either freeze 1 hour or refrigerate 2 hours. Mixture should be thick.
3. Place each crust on a foil or parchment lined baking sheet. Fold the dough edges over to form a 1" rim and spread half of the filling over each crust to the rim. Bake 25 minutes or until crusts are golden brown. Cut into wedges to serve.

## POTATO & HAM CHEESE TART - SERVES 10 TO 12

### Ingredients

1. 5 Tbs. dry bread crumbs, divided
2. 3 lbs potatoes, peeled and cubed (about 8 cups)
3. 1/2 cup heavy whipping cream
4. 1/4 cup (1/2 stick) butter\*, cubed
5. 3 Tbs. minced fresh chives
6. 1 tsp. salt

# TODAY'S COOKING

7. 1/4 tsp. pepper
8. 3 large eggs
9. 4 slices Swiss cheese
10. 4 slices mozzarella cheese
11. 4 oz. thinly sliced deli ham, cut into 1/2-inch pieces
12. 1/3 cup grated Parmesan cheese
13. 1 Tbs. butter\*, melted

## Preparation

1. Preheat oven to 350° F (180° C). Grease a 9-in. springform pan; and dust with 1/4 cup of the bread crumbs.
2. Place potatoes in a large pot and cover with water. Bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until tender. Drain and return to the pot. Mash the potatoes, gradually adding items 3 through 7. Let cool slightly and add the eggs, one at a time; blending well between each addition.
3. Place half the potatoes into the springform pan. Layer with the cheeses and ham; topping with the remaining potato. Mix the Parmesan, remaining bread crumbs and butter. Sprinkle over the top.
4. Bake 35 to 40 minutes until golden brown. Cool on a wire rack for 10 minutes; run a knife along the rim and serve warm.

## ITALIAN TORTE - SERVES 12

### Ingredients

1. 2 tubes (8oz. each) refrigerated crescent rolls, divided
2. 1 tsp. olive oil
3. 1 pkg. (6 oz.) fresh baby spinach
4. 1 cup sliced fresh mushrooms
5. 7 eggs
6. 1 cup grated parmesan cheese
7. 2 tsp. Italian seasoning
8. 1/8 tsp. pepper
9. 1/2 lb. thinly sliced deli ham
10. 1/2 lb. thinly sliced hard salami
11. 1/2 lb. sliced provolone cheese
12. 2 jars (12 oz. ea.) roasted sweet red peppers, drained, sliced and patted dry

# TODAY'S COOKING

## Preparations

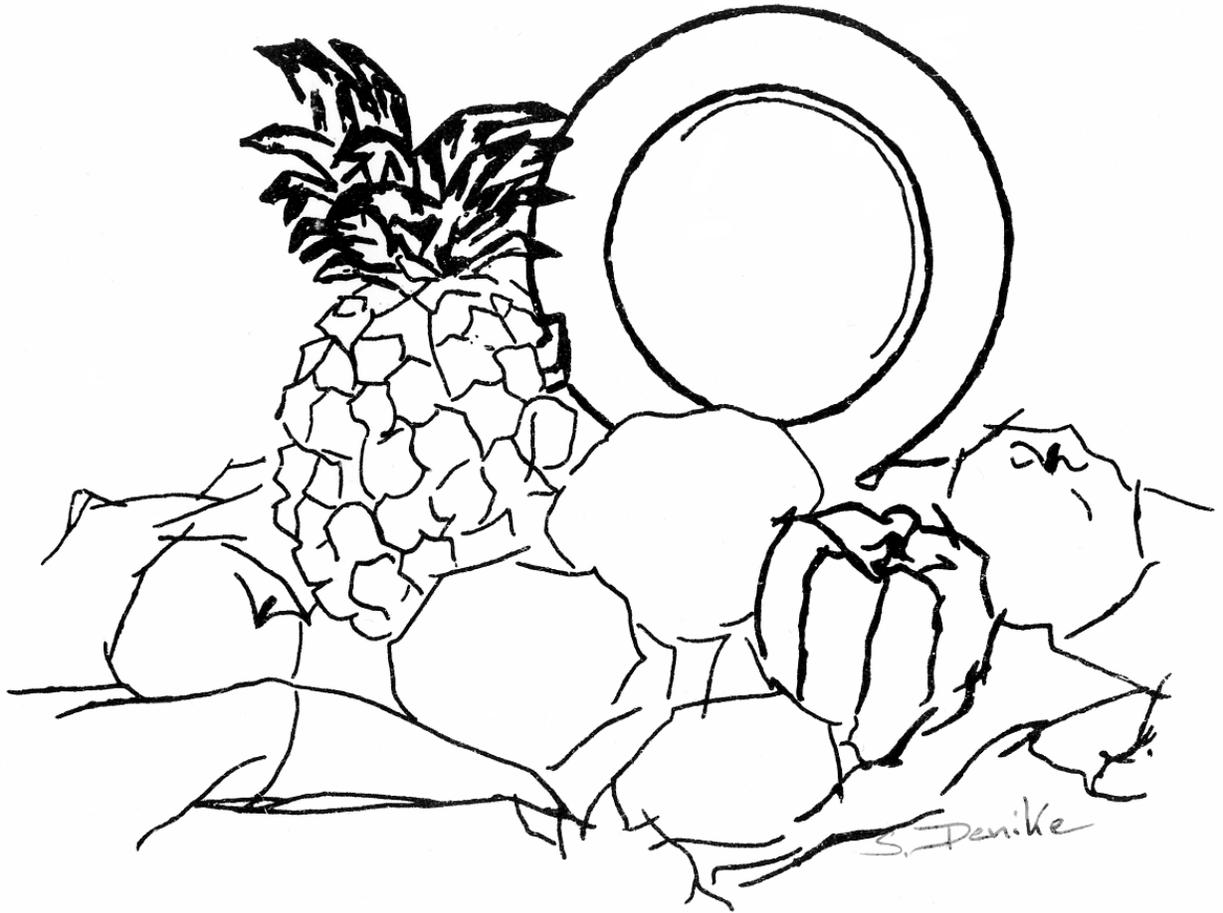
1. Preheat oven to 350° F (180° C).
2. Place a greased 9" springform pan on a double thickness of heavy-duty foil (about 18" square). Securely wrap foil around pan. Unroll one tube of crescent dough and separate into triangles. Press onto the bottom of the pan to form a crust, sealing seams well. Bake 10-15 minutes or until set.
3. In a large skillet, heat oil over medium-high. Add spinach and mushrooms; cook, stirring until mushrooms are tender. Drain on several layers of paper towels, blotting well.
4. In a large bowl, whisk six eggs, Parmesan cheese, Italian seasoning and pepper.
5. Layer crust with half of the ham, salami, provolone cheese, red peppers and spinach mixture. Pour half of the egg mixture over the top. Repeat layers; top with the remaining egg mixture.
6. Unroll and separate the remaining crescent dough into triangles. Press together to form a circle and seal seams; place dough over filling. Whisk remaining egg and brush over the dough.
7. Bake, uncovered, 1 to 1-1/4 hours or until a thermometer reads 160°, covering loosely with foil if needed to prevent over browning.
8. Carefully loosen sides from springform pan with a knife; remove rim from pan. Let stand 20 minutes before serving.

For more Egg Recipes also see [Eggs](#) and [Breakfast and Casseroles Cookbooks](#)

# TODAY'S COOKING



# TODAY'S COOKING



BUON APPETITO! ITALIAN	EET SMAKELIJK DUTCH	¡BUEN APETITO! SPANISH	BOM APETITE! PORTUGUESE	BON APPÉTIT ! FRENCH
GUTEN APPETIT! GERMAN	ITADAKIMASU JANANESE	SMAKLIG MÅLTID! SWEDISH	CHIÁH HOK TAIWANESE	DA KANA! FIJIAN
VÆR SÅ GOD! DANISH	KALÍ ÓREKSI! GREEK	E 'AI KĀUA HAWAIIAN	KRIPYĀ BHOJAN KĀ ĀNNAĀND LIJĪYAI HINDI	
NIZHÓNÍGO ADÍYÍŃĹ NAVAJO	GIN HĀI A-RÒI THAI	JAL MEOKKESSEUMNIDA KOREAN	ES GEZUNTERHEYT! YIDDISH	
SMAKLIG MÅLTID! SWEDISH	POFTĂ BUNĂ! ROMANIAN	MWYNHEWCH EICH BWYD! WELSH	THOKOLEZA UKUDLA! ZULU	
SMACZNEGO! POLISH	TAMA'A TAHITIAN	VÆR SÅ GOD! NORWEGIAN	ĂN NGON NHÉ VIETNAMESE	BIL-HANĀ' WA ASH-SHIFĀ' ARABIC