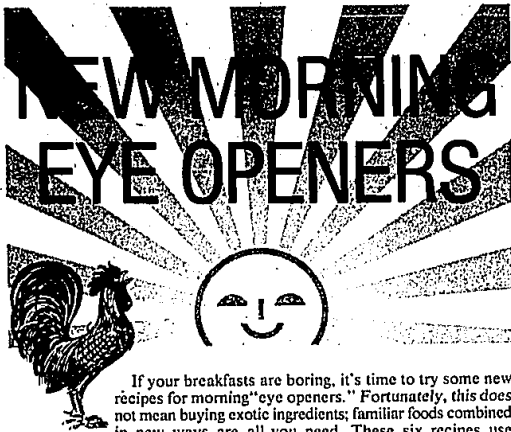
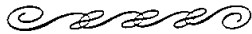


Monday, October 11, 1982 O&P



If your breakfasts are boring, it's time to try some new recipes for morning "eye openers." Fortunately, this does not mean buying exotic ingredients; familiar foods combined in new ways are all you need. These six recipes use brown 'n serve sausages and pork breakfast strips, favorites at many breakfast tables.

Brown 'n serve sausages end the worry about how long to cook sausage. These fully cooked links and patties need only a 5-minute heating to be ready to serve. Because they are fully cooked, an 8-ounce package equals a pound of uncooked pork sausage.



SAUSAGE OVEN PANCAKE

Yield: 5 Servings

- 8-ounce package brown 'n serve sausage links
- 1/4 teaspoon ground nutmeg
- 1/2 cup milk
- 1 cup pancake mix
- 1 egg
- 1/4 teaspoon ground cinnamon
- 1/2 cup chopped apple

Brown sausages according to package directions. In mixing bowl, combine pancake mix, spices, milk and egg. Mix until batter is smooth. Add apple. Pour into well-greased 10 x 6 x 1 1/2-inch baking dish. Arrange sausages on top. Bake in preheated 450° F oven 20 minutes. Serve hot with maple syrup.

SAUSAGE FRITTATA

Yield: 5 Servings

- 8-ounce package brown 'n serve sausage links
- 5 eggs
- 1/4 cup milk
- 1/4 cup chopped onion
- 1 tomato, peeled and chopped
- 1/4 cup chopped green pepper
- 1-1/2 tablespoons butter or margarine

Brown sausages in heavy 8-inch ovenproof skillet according to package directions. Remove sausages and keep warm.

Saute onion and green pepper. In a medium bowl, combine eggs and milk. Add onions, green pepper and tomato. Melt butter in skillet. Add egg mixture and cook over low heat until eggs are almost set. Arrange sausage links on top of eggs.

To finish cooking top, broil 4 inches from heat source until center is firm and top lightly browned. Cut into 5 wedges and serve warm.



CITY FARMERS' BREAKFAST

Yield: 5 Servings

- 8-ounce package brown 'n serve sausage links
- 3 to 4 tablespoons butter or margarine
- 3 cups Southern-style frozen hash brown potatoes
- 1-1/4 cups shredded sharp Cheddar cheese
- 5 eggs
- Chopped parsley

Brown sausages in 9-inch skillet; remove and set aside. Melt butter and cook potatoes until barely tender and lightly browned. Pat down flat in pan. Arrange sausages in pairs spoke-fashion in pan, leaving 5 spaces for cheese and eggs. Sprinkle cheese on potatoes. Carefully crack eggs on top of cheese. Cover and cook over medium-low heat until eggs are set or done to individual's liking. Garnish with parsley.

PORK STRIP QUICHE

Yield: One 9-inch pie

- Baked pastry for one-crust 9-inch pie
- 9 strips bacon or pork breakfast strips
- 1/4 cup chopped onion
- 1/4 cup shredded Swiss cheese
- 2 eggs plus 2 extra egg yolks
- 1 1/2 cups whipping cream
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 2 tablespoons butter

Preheat oven to 375° F. Cook 6 pork breakfast strips until lightly browned. Drain on paper toweling. Cut into 1/4-inch pieces. Scatter over bottom of pie crust with Swiss cheese and onion. Combine eggs, egg yolks, cream and seasonings in a medium bowl. Beat to combine well. Place pie crust on rack in oven; pour liquid ingredients over all. Dot with butter. Bake for 25 minutes or until custard sets. Cook remaining pork breakfast strips and serve as garnish with quiche.

BIG EGG ROUND-UP

Yield: 6 Servings

- 6 strips bacon or pork breakfast strips
- 2 slices bread
- 6 eggs
- Salt
- Paprika

Butter the bottoms of a 6-cup muffin pan. Line sides of each cup with a pork breakfast strip. Tear bread into small pieces and place in bottom of cups. Carefully break an egg over bread. Sprinkle egg with salt and paprika. Bake in a preheated 325° F oven for 10 to 15 minutes until eggs are set.

BREAKFAST STACKS

Yield: 4 Servings

- 8 strips bacon or pork breakfast strips
- 8 eggs, beaten
- 1/2 cup milk
- Salt and Pepper
- 1 tablespoon butter or margarine
- 1/4 cup chopped green pepper
- 2 tablespoons finely chopped onion
- 4 slices frozen French toast
- 4 slices (2 to 3 ounces) process American cheese
- Paprika, for garnish

Cook pork breakfast strips according to package directions. Cut strips into halves crosswise and keep warm.

Combine eggs, milk, salt and pepper. Melt butter in skillet. Saute green pepper and onion until barely tender. Add egg mixture, stir to combine and continue cooking, stirring gently, until eggs are scrambled.

Toast French toast. While hot, top each slice with 1 slice cheese, 4 pieces pork breakfast strips and a quarter of the scrambled egg mixture. Sprinkle with paprika.

