# Free Cookbook Club Cookbook #5

# Breakfast Enhanced Cookbook

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## S'mores French Toast with Nutella Recipe

Breakfast might be the meal with the most routine. Most of us eat the same thing everyday. How about changing it up a bit this weekend? How about S'mores French Toast with Nutella?

freecookbookclub.com/smores-french-toastwith-nutella-recipe

## Watch for More Enhanced Recipe Links Thoughout this Book

If the link does not work for you, type the Address into the Address Bar of your Web Browser

# Enhanced Cooking Techniques and Tricks

The cooking techniques below are used throughout this book in many of the recipes.

We have created video or picture pages from some of the top expert chefs that explain how to do these techniques correctly, easily and, most of all, safely.

Watch these videos or view the pictures before attempting any of these cooking techniques the first time in a recipe, and any time you need a refresher, and you will be a much better and safer cook.



## How to Know if Chicken is Done and Safe to Eat

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## 3 Ways to Cut an Onion Like a Professional Chef

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# Breakfast The Recipes

# Apple Sausage Pancakes with Cider Syrup

### INGREDIENTS

- 1 Egg
- 1/2 teaspoon Cinnamon
- 1 cup Pancake Mix
- 1/2 cup fresh Apple, shredded
- 2/3 cup Milk
- 1/2 pound bulk Pork Sausage, browned
- 2 tablespoons Oil
- Cider Syrup (Recipe below)

## **DIRECTIONS**

- 1. Heat griddle to 375°F.
- In small bowl, beat egg on high speed until thick and lemon colored, about 5 minutes.
- 3. Lightly spoon pancake mix into measuring cup. Level off.
- 4. Stir in pancake mix, milk, oil and cinnamon.
- 5. Fold in apples and sausage.
- 6. Grease griddle lightly before making each pancake.
- 7. Pour batter from 1/4-cup measuring cup onto hot griddle. Bake until bubbles appear, about 2 minutes on each side.
- 8. Serve with hot cider syrup.

# Cider Syrup

## **INGREDIENTS**

- 1/2 cup Sugar
- 1 cup Apple Cider
- 1 tablespoon Cornstarch
- 1 tablespoon Lemon Juice
- 1/8 teaspoon Pumpkin Pie Spice
- 2 tablespoons Margarine or Butter

- 1. In medium saucepan, combine sugar, cornstarch and pumpkin pie spice.
- 2. Stir in apple cider and lemon juice.
- 3. Cook, stirring constantly, until mixture thickens and boils for 1 minute.
- 4. Remove from heat and stir in margarine or butter.

# California Avocado and Shrimp Omelet

## **INGREDIENTS**

- 1 dozen Eggs
- 1/4 cup chopped Parsley
- 4 tablespoon Lemon Juice, divided
- 1/2 teaspoon Salt
- 1/4 teaspoon Hot Pepper Sauce
- 2 California Avocados
- 3 tablespoon Butter
- 6 ounces Bay Shrimp
- 6 Parsley sprigs, to garnish

- 1. Starting at the top, with a very sharp knife, cut down into each avocado until you hit the seed. Cut completely around the avocado, top to bottom, touching the pit the entire time.
- 2. Pull the two halves of the avocado apart and remove the seed with a spoon.
- 3. Use the spoon to scoop the avocado out of the skin.
- 4. Dice.
- 5. Beat together eggs, 1/4 cup chopped parsley, 3 tablespoons lemon juice, salt and hot pepper sauce. Set aside.
- 6. Gently toss avocado with remaining 1 tablespoon lemon juice. Set aside.
- 7. Heat butter in a large omelet pan.
- 8. Pour egg mixture into pan.
- 9. Cook over medium heat, lifting edges and tilting pan to allow uncooked egg to run under, until set but still moist on top.
- 10. Scatter reserved avocado and shrimp over omelet.
- 11. Fold omelet in half. Heat another minute or two.
- 12. Slide onto a warmed serving plate.
- 13. Garnish with parsley sprigs.

# Acapulco Baked Eggs

### INGREDIENTS

- 8 large Eggs
- 2 tablespoons Butter or Margarine
- 6 tablespoons Milk
- 3/4 teaspoon Salt
- 1/4 teaspoon freshly ground Black Pepper
- 2/3 cup Extra-Sharp Cheddar Cheese, shredded
- 1 4 ounces can chopped Green Chiles
- Tomatoes, sliced, to garnish
- Tomato Sauce, Ketchup, Chili or Taco Sauce, to serve

### **DIRECTIONS**

- 1. Put butter in 8-inch square baking pan.
- 2. Set in 350°F oven to melt. Shake pan to distribute butter evenly.
- 3. Slightly beat eggs, milk, salt and pepper.
- 4. Pour into pan.
- 5. Bake at 350°F for 10 minutes or until eggs begin to set.
- 6. Sprinkle with cheese and chiles. Draw a wide metal spatula across bottom of pan several times to break up mixture.
- 7. Bake, breaking up mixture again several times, for 5 more minutes or until of desired doneness.
- 8. Garnish with sliced tomatoes.
- 9. Serve with tomato sauce, ketchup or chili sauce.

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# Sticky Buns

Sticky buns are a breakfast - or sometimes dessert - sweet roll that generally consist of rolled pieces of dough - often containing brown sugar or cinnamon - pressed together in pan. Before the dough is placed in the baking pan, the pan is lined with the "sticky" ingredients, such as brown sugar and/or honey, butter as well as nuts and raisins and perhaps more sugar and sometimes butter. After the buns are baked, they are inverted so that the pan lining then becomes a topping. The way the buns were baked allows them to more or less be pulled off as individual servings, although it is often a futile effort.

### INGREDIENTS

- 1 24-ounce package frozen Yeast Dinner Roll Dough
- 1 3 1/2-ounce box Butterscotch Pudding Mix
- 1/2 cup Sugar
- 2 tablespoons Cinnamon
- 1 cup Pecans, chopped
- 2 tablespoons Butter, melted

### **DIRECTIONS**

- 1. Mix dry butterscotch pudding mix, sugar, cinnamon and pecans together.
- 2. Spray a bundt pan with non stick cooking spray.
- 3. Place 2 tablespoons of pudding mixture on bottom of pan.
- 4. Place 18 20 frozen rolls on top of pudding mixture.
- 5. Cover rolls with the remainder of pudding mixture.
- 6. Cover with a towel and let rolls thaw and rise on counter top until rolls have doubled in size. Or you may start this in the evening and place in the refrigerator overnight. They should be doubled by the morning.
- 7. Bake in a 350°F oven for 30-40 minutes.

Here is another "Sticky Buns" recipe you just might enjoy.



## Cinnabon Cinnamon Rolls Recipe

Make our Cinnabon Cinnamon Rolls Secret Recipe at home tonight for your family. With our Secret Restaurant Recipe your Cinnamon Rolls will taste just like Cinnabon's.

secretcopycatrestaurantrecipes.com/cinnabon-cinnamon-rolls

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# Pork Sausage and Cheesy Hash Brown Breakfast Pizza

## **INGREDIENTS**

- 1 pound Pork Sausage
- 1 cup Hash Browns
- 1 cup shredded Cheese
- 5 Eggs
- Milk, to scramble eggs
- 1 8-ounce package Crescent Rolls

- 1. Spread crescent rolls in oiled 9 x 12-inch pan to fit bottom of pan, bringing dough up along the edges. Seal seams.
- 2. Brown and drain pork sausage.
- 3. Crumble and spread evenly on crescent rolls.
- 4. Cover with hash browns, scrambled eggs and sprinkle top with shredded cheese.
- 5. Bake at 375°F for 20 minutes.

# Strawberry-Banana Parfaits with Homemade Granola Recipe



Description

#### **INGREDIENTS**

- 6 large Dates, pitted
- 3 tablespoons Natural Almond Butter
- 3 tablespoons Honey
- 2 tablespoons Coconut Oil, melted
- 1 teaspoon Real Vanilla Extract
- 1 cup Rolled Oats
- 1/2 teaspoon ground Cinnamon
- 1/4 teaspoon Salt
- 1/4 cup raw Almonds, roughly chopped
- 2 tablespoons Sunflower Seeds
- 2 cups plain Greek Yogurt
- 2 large Bananas, sliced
- 1 cup fresh Strawberries, sliced

#### DIRECTIONS

- 1. Pre-heat oven to 350°F.
- 2. Line an 8 x 8-inch baking pan with a piece of parchment paper, leaving a bit of overlap on the sides.
- In a high-powered blender or a food processor, add pitted dates, almond butter, honey, coconut oil and vanilla extract. Blend until the mixture is smooth and creamy.

Strawberry-Banana Parfaits with Homemade Granola Recipe is continued on next page.

# Strawberry-Banana Parfaits with Homemade Granola Recipe Continued

- 4. Transfer date mixture to a large mixing bowl.
- 5. Add oats, cinnamon, salt, almonds and sunflower seeds. Mix until well combined and oats and nuts are nicely coated.
- 6. Transfer granola mixture to the prepared baking dish. Pat down into an even layer.
- 7. Place sheet in the pre-heated oven. Bake until lightly golden brown and toasted on top, about 20 minutes.
- 8. Remove from oven. Allow to cool to room temperature. Granola should crumble as you remove it from the pan, with some larger chunks.
- 9. In 4 parfait dishes or mason jars, alternate layers of Greek yogurt, granola, sliced bananas and fresh strawberries (See photo).
- 10. Serve immediately.

# Bagels and Egg Casserole

## **INGREDIENTS**

- 3 plain Bagels
- 12 Eggs, beaten
- 1/2 pound cooked Ham, diced
- 1/4 cup Onion, finely chopped (See page 7)
- 1 tablespoon fresh Parsley, chopped
- 1 cup Cheddar Cheese, grated
- 1 cup Milk
- · Salt and freshly ground Black Pepper, to taste
- 2 tablespoons Butter

- 1. Place butter in heavy skillet.
- Add ham and onion.
- 3. Sauté over low heat until tender, approximately 2 minutes. Set aside.
- 4. Slice each bagel into 4 thin slices. Arrange 6 bagel slices at bottom of lightly greased baking dish.
- 5. Top bagels with ham and onion mixture.
- 6. Then top with cheddar cheese.
- 7. Finally top with remaining bagel slices.
- 8. In a separate bowl whisk together eggs, milk, parsley, and salt and pepper to taste.
- 9. Pour the egg mixture over the bagel layers.
- 10. Bake at 375°F for approximately 30 minutes or until eggs are firm and cooked through.

# Breakfast Sausage Casserole

#### INGREDIENTS

- 8 slices Bread, cubed
- 2 cups grated American Cheese
- 2 pounds bulk Sausage, browned and drained
- 4 Eggs, beaten
- 2 1/2 cups Milk
- 3/4 teaspoon dry Mustard
- 1 10 1/2-ounce can Condensed Cream of Mushroom Soup
- 1/2 cup Milk

### **DIRECTIONS**

## **The Night Before**

- 1. Place bread cubes in greased 9 x 13-inch pan.
- 2. Sprinkle with cheese.
- 3. Add browned sausage.
- 4. Blend eggs, milk, and mustard and pour over ingredients in pan.
- 5. Cover and refrigerate overnight or for at least 5 hours.

## In the Morning to Serve

- 6. Blend soup and 1/2 cup milk.
- 7. Pour or spread over top of casserole.
- 8. Bake 1 1/2 hours at 300°F.

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# Cheesy Sausage Strata

#### INGREDIENTS

- 1/2 pound Pork Sausage
- 1/2 pound Mozzarella Cheese, grated
- 2 cups leftover Bread Cubes
- 4 Eggs
- 1 1/2 cups Milk
- 1/2 teaspoon Salt
- 1/4 teaspoon freshly ground Black Pepper
- 1/8 teaspoon Nutmeg

- 1. Grease a 10-inch deep-dish pie plate or a 9-inch square baking dish.
- 2. Brown and crumble sausage in a large skillet. Set aside.
- 3. Spread bread over bottom of dish.
- 4. Top with sausage and grated cheese.
- 5. Beat together remaining ingredients and pour over cheese and sausage.
- 6. Bake at 350°F for 45 minutes, until lightly browned.
- 7. Let stand 10 minutes before cutting.

## **Breakfast Risotto**

## **INGREDIENTS**

- 1 cup Arborio Rice (this is the Italian Rice Risotto is made with)
- 2 cups Water
- 1 15-ounce can Coconut Milk
- 1 8-ounce can cubed Pineapple, drain and reserve juice
- 1/4 cup sliced Almonds
- 1/4 cup Raisins
- 1 cup cubed firm Banana about 1/2 inch pieces

## **DIRECTIONS**

- 1. Bring water with rice to a boil in mediumsized sauce or soup pan on high heat.
- 2. Once it comes to a boil, turn heat to medium low and simmer uncovered, stirring frequently for creaminess.
- 3. After water is absorbed in rice, add pineapple juice from can and keep cooking.
- 4. When that is absorbed add the can of coconut milk.
- 5. As that gets absorbed, but while still creamy, add rest of ingredients.
- 6. Heat for another 2 3 minutes and serve when rice is tender. This should be still juicy and creamy without being runny.

This is good served warm or cold.

# Zesty Egg Scramble with Caviar

### **INGREDIENTS**

- 6 large Eggs
- 2 tablespoons unsalted Butter
- 1/4 teaspoon Salt
- 1 teaspoon freshly ground Black Pepper
- 2 tablespoons chopped fresh Chives
- 1 3/4 ounce Caviar

- 1. Using an egg topper remove the top 1/4 from 4 of the eggs being careful to remove only the top.
- Pour the yolks and whites into a small bowl and set the eggshells aside.
- 3. Crack open the remaining 2 eggs and add the yolks and whites to the bowl.
- 4. Using a fork beat the eggs until thoroughly blended.
- Bring a small saucepan, threefourths full of water, to a boil over high heat. Reduce the heat to medium so the water maintains a simmer.
- 6. Place one of the reserved eggshells in the simmering water for 15 seconds. Using a slotted spoon carefully remove eggshell and place upside down on paper towel to dry. Repeat with the remaining eggshells. If you plan on filling the egg shells as the recipe indicates below, DO NOT SKIP this step.
- 7. In a nonstick sauté pan, over medium heat, melt the butter.
- 8. Add the beaten eggs and season with salt and pepper.
- 9. Stir constantly with a wooden spoon until the eggs have thickened about 5 minutes.
- Place the empty eggshells in egg cups.
- 11. Fill the shells with the scrambled eggs dividing evenly.
- 12. Garnish with the chives and a dollop of caviar.
- 13. Serve immediately.

## Bacon And Cheese Breakfast Pizza

### INGREDIENTS

- 1 9-inch Single-Crust Pastry
- 1/2 pound Bacon, cook crisp and crumbled
- · 8 ounces Swiss Cheese, shredded
- 4 Eggs
- 12 ounces Sour Cream
- 2 tablespoons fresh Parsley, chopped

## **DIRECTIONS**

- 1. Roll pastry to fit into a 12-inch pizza pan.
- 2. Bake at 425°F for 5 minutes.
- 3. Sprinkle bacon and cheese evenly over crust.
- 4. In a bowl, beat eggs, sour cream and parsley until smooth. Carefully pour over pizza.
- 5. Bake for 20 to 25 minutes or until pizza is puffy and lightly browned.

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# Apple Pancakes with Cinnamon Nonfat Yogurt

#### INGREDIENTS

- 1 cup All-Purpose Flour
- 3 tablespoons Nonfat Egg Substitute
- 1 1/2 cups Nonfat Plain Yogurt
- 1/2 teaspoon Baking Powder
- 3 tablespoons Orange Juice
- 3 tablespoons Maple Syrup
- 4 Granny Smith or other tart Apples, peeled, cored and sliced
- 1/4 teaspoon ground Cinnamon
- Mint Leaves, to garnish

#### **DIRECTIONS**

- Combine flour, egg substitute, 1 cup yogurt, baking powder, orange juice and 2 tablespoons maple syrup into a batter. If you like thinner pancakes, add 2 to 4 tablespoons of water at this point. Let rest for 1/2 hour.
- 2. In a nonstick skillet, sauté sliced apples with 1 tablespoon water until the slices are tender and caramelized.
- 3. Combine remaining yogurt and maple syrup with cinnamon.
- 4. Using a nonstick omelette pan, make thin crepes by pouring 3 tablespoons of the batter into the preheated pan and rolling it around to uniformly cover the surface of the pan.
- 5. Cook over medium heat about 1 minute, flip with a spatula and cook the other side for about 10 seconds. Remove from pan and set aside.
- 6. Continue until all the batter has been used.
- 7. Roll crepes around 2 tablespoons of the apples.
- 8. Garnish with a dollop of flavored yogurt and a mint leaf.



## IHOP Buttermilk Pancakes Recipe

Make our Buttermilk Pancakes at home for your family. With our Secret Restaurant Recipe your Buttermilk Pancakes will taste just like those you enjoy at the International House of Pancakes.

secretcopycatrestaurantrecipes.com/ihopbuttermilk-pancakes-recipe

## Breakfast & Brunch Recipes from Your Favorite Restaurants

We will be the first to admit that not all the foods on this page and the next 2 are from the breakfast menus of your favorite restaurants. But that is the beauty of making restaurant recipes at home - you can have whatever you want whenever you want it!

Want Red Lobster Cheddar Bay Biscuits with your sausage and eggs? Go for it. (They are wonderful for breakfast, by the way.) How about a McDonald's Fried Apple Pie (Yes, Fried. The delicious way they **used to make them**.) It's your breakfast. Have whatever you want.

But, of course, you can alway have your actual breakfast favorites, too. Like Burger King's Breakfast Sandwiches and IHOP's Cheesecake Pancakes and Starbuck's Mocha Frappuccinos and...



## Krispy Kreme Glazed Doughnuts Recipe

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## Red Lobster's Cheddar Bay Biscuits Recipe

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## Breakfast & Brunch Recipes from Your Favorite Restaurants



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## Cheddar's Honey Croissants & Honey Butter Recipe

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No charge. No obligation.

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<u>Applebee's Wonton Tacos</u> - secretcopycatrestaurantrecipes.com/applebees-wonton-tacos-recipe

<u>Homemade Oreo Cookies</u> - secretcopycatrestaurantrecipes.com/homemade-oreo-cookies-recipe

<u>Krispy Kreme Glazed Doughnuts</u> - secretcopycatrestaurantrecipes.comkrispy-kremeglazed-doughnuts-recipe

Taco Bell Chalupa - secretcopycatrestaurantrecipes.com/taco-bell-chalupa-recipe

<u>McDonald's Big Mac and Special Sauce</u> - secretcopycatrestaurantrecipes.com/ mcdonalds-big-mac-special-sauce-copycat-recipes

<u>Papa John's Garlic Butter Sauce</u> - secretcopycatrestaurantrecipes.com/papa-johns-garlic-sauce-recipe

KFC Cole Slaw - secretcopycatrestaurantrecipes.com/kfc-cole-slaw-restaurant-recipe

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## Banana Stuffed French Toast

## **INGREDIENTS**

- 2 tablespoons Cream Cheese or Neufchatel Cheese, at room temperature
- 4 slices Cinnamon-Raisin Bread, 3/8-inch thick
- 1 ripe medium Banana, sliced
- 1/4 cup Milk
- 1 large Egg
- 1/4 teaspoon Vanilla Extract
- 1 teaspoon unsalted Butter
- 2 tablespoons Maple Syrup, warmed, to serve
- 6 fresh Strawberries, sliced, to serve

- 1. Spread the cream cheese on all 4 slices of bread.
- 2. Place the banana slices over 2 slices of the bread and top each with the remaining bread.
- 3. Combine the milk, egg, and vanilla in a small shallow bowl. Beat lightly with a fork.
- 4. Melt the butter in a large nonstick skillet over med heat.
- 5. Briefly dip the sandwhiches, one at a time, into the egg mixture.
- 6. Place both sandwhiches in the skillet. Cook until golden brown, 3 4 minutes on each side.
- 7. Place each piece on a plate. Cut in 1/2 diagonally.
- Top each piece with 1 tablespoon of maple syrup and 3 tablespoon of sliced strawberries.

# Belgian Waffles

Courtny Laninga submitted this recipe and writes:

"This was my Great-Grandmother, Nenne Maria Dekkers' recipe (on my Dad's side), and it originated while they still lived in Belgium. However, after the start of WWII, they were unable to obtain the ingredients (due to rations, etc.), so making the waffles wasn't able to be done again until October of 1948 when my Great-Grandma and my Grandma arrived in the United States as immigrants.

The waffles are great served at room temperature with butter, jelly and/or peanut butter, or with fresh fruit and whipped cream, with syrup or even plain! The recipe makes a whole bunch, which can be packaged up and frozen or given away as treats.

They are soooo yummy!"

#### INGREDIENTS

- 1 1/2 pounds Butter
- 12 Eggs
- 4 cups Sugar
- 1/2 cup warm Milk
- 2 packages Yeast
- 8 cups Flour
- 1 pound broken Sugar Cubes

- 1. With electric mixer, blend together butter, eggs and 4 cups sugar.
- 2. Add warm milk and yeast and continue mixing.
- 3. Slowly add flour to mixture. Consistency should be smooth.
- 4. Add broken sugar cubes and stir.
- Spoon batter onto buttered waffle iron. Cook for approximately 2-3
  minutes (times may vary with waffle iron makers). Remove and let cool
  on wax paper.
- 6. Store in zip lock bags with a slice of bread to keep fresh.
- 7. Waffles can be toasted or eaten like a cookie if you wish.

# Benny's Eggs

## INGREDIENTS

## **Orange Hollandaise Sauce**

- 1 Egg
- 2 tablespoons Lemon Juice
- 1 teaspoon Orange Rind, grated
- 1/2 cup Butter, melted

## **Eggs**

- 8 large Eggs
- · 4 slices rich Egg Bread or Brioche
- 3 ounces Cream Cheese, softened to room temperature
- 3 ounces sliced Smoked Salmon or Lox
- Orange Slices, to garnish
- Fresh Mint Sprigs or Parsley, to garnish

## **DIRECTIONS**

## **Orange Hollandaise Sauce**

- In a large metal bowl, whisk together 1 egg, lemon juice and orange rind over a pan of boiling water for 1 minute.
- 2. Gradually whisk in butter until sauce is smooth and well-blended. It will be rather thin while warm, but will thicken as it cools slightly.
- 3. Set aside and keep warm.

## **Eggs**

- Crack 8 eggs into shallow pan of boiling water. Poach until done to your liking.
- Toast the bread.
- 6. Spread toast with cream cheese.
- 7. Top toast with the salmon and place on plates.
- 8. Place 2 eggs on top of each toast.
- 9. Spoon warm sauce over.
- 10. Serve with oranges and mint or parsley.

## Yankee Huevos Rancheros

The New England reader who submitted this recipe had this to say about it:

"This is my entirely inauthentic version of huevos rancheros made with the object of avoiding spiciness and using what I have access to in local general-purpose grocery stores in New England circa 2012.

The salami can obviously be substituted for some other sort of breakfast meat but I was going for something inexpensive that would have a sharp flavor but not be chorizo-spicy and I liked the way that salami turned out. Refried beans can be substituted for the canned beans as desired. Salsa and other conventional seasonings added to the mix can be efficacious."

#### INGREDIENTS

- 1 or 2 Corn Tortillas
- 1 slab of your favorite deli Hard Salami, cut to around a 1/4 of an inch thick, chopped, or a similar amount of other chopped or ground Breakfast Meat
- 2 ounces chopped Onion (See page 7)
- 2 ounces chopped Green Pepper
- 2 ounces canned Black Beans
- 2 Eggs
- 2 ounces shredded Cheese, of your choice
- 2 4 ounces of Old El Paso Mild Green Chile Enchilada Sauce or similar
- Sour Cream, on the side

- 1. While everything else is cooking, heat the enchilada sauce in a microwave or saucepan.
- 2. In a frying pan begin cooking the breakfast meat. Allow the fat to melt and stir it around to grease the pan.
- 3. Mix together the chopped onion, pepper, and beans and add to the pan.
- 4. When the onions and peppers are halfway-done move the meat-onion-pepper-beans mixture to the edges of the pan with a spatula and fry the eggs in desired fashion.
- 5. Once it's all done cooking, move to a plate, sprinkle the cheese on top of the mixture, and cover.
- 6. Melt a small amount of butter in the frying pan and put in the corn tortillas.
- 7. Once one side is coated, flip the tortillas, stacking together as space permits, and place the meat-onion-pepper-beans mixture on top. Cook until the tortillas are crispy.
- 8. Remove to plate, drench with sauce, top with eggs and a little more sauce, and provide the breakfaster with a few dollops of sour cream on the side.

# Creole Eggs

## **INGREDIENTS**

- 3 tablespoons Olive Oil
- 8 Egg Yolks + 1 Egg, beaten
- Water, to fill cooking pan
- 1/4 cup Butter, melted
- 1 large White Onion, chopped (See page 7)
- 1 medium Green Pepper, seeded and chopped
- 1 clove Garlic, minced
- 1 teaspoon Salt
- 1/8 teaspoon Rosemary
- 1/8 teaspoon Paprika
- 1 16-ounce can Tomatoes
- 2 cups hot cooked Rice or Mashed Potatoes, to serve
- 1 tablespoon freshly ground Black Pepper, to serve

- 1. Beat eggs well.
- 2. Oil loaf pan well on the bottom and sides.
- 3. Pour in beaten eggs. Set loaf pan in a pan of hot water, up the sides about 2 inches.
- 4. Bake at 350°F for 25 minutes.
- 5. Remove from loaf pan and cut cooked eggs into small squares.
- 6. In 10-inch skillet, over medium heat, add butter.
- 7. Cook onion, pepper, garlic, salt, rosemary and paprika for 5 minutes, stirring occasionally.
- 8. Add tomatoes with their liquid and the egg squares.
- 9. Simmer gently covered for 10 minutes.
- 10. Spoon egg mixture over rice or mashed potatoes and sprinkle on fresh grated black pepper.

# Turkey Breakfast Sausage & Breakfast Scrapple of Pork Recipes

## Turkey Breakfast Sausage

## **INGREDIENTS**

- 1 pound Ground Turkey
- 1/2 teaspoon Salt
- 1/2 teaspoon freshly ground Black Pepper
- 1/2 teaspoon Paprika
- 1 teaspoon ground Sage
- 1 small Onion, diced
- 1/4 cup dry Breadcrumbs
- 1 tablespoon Oil

#### **DIRECTIONS**

- 1. Mix together the first seven ingredients in a bowl.
- 2. Cover and chill overnight.
- 3. Form into patties and fry slowly in the oil until brown on each side.

## Breakfast Scrapple of Pork

## INGREDIENTS

- 1 1/2 pounds Pork Shoulder
- 1 quart cold Water
- 1 cup Corn Meal
- 2 teaspoons Salt
- 1/8 teaspoon Pepper

- Cut the pork into small pieces. Crack the bone and put it all into a large kettle.
- 2. Add the cold water and cook until the meat is tender.
- 3. Remove the bone.
- 4. Measure the liquid that remains. Add enough water to make one quart.
- 5. Heat to the boiling and stir in the corn meal.
- 6. Add salt and pepper and cook for 2 hours.
- 7. As you cook this you'll see the meat turning into shreds.
- 8. Cool.
- 9. When ready to use, cut into slices and sauté.

# Loaded Grits and Eggs

This recipe was submitted by Secret Copycat Restaurant Recipes reader, Lou Brown of Jackson County, Florida in the Florida Panhandle. Thank you, Lou.

Note - Loaded Grits and Eggs can be cooked on top of stove or in microwave.

#### INGREDIENTS

- 1 tablespoon Butter
- 1 or 2 Eggs, scrambled
- 1/4 cup Ham, finely diced
- 1/4 cup Green Bell Pepper, finely diced
- 1/4 cup Red Bell Pepper, finely diced
- 1/4 cup Green Onion, finely diced (See page 7)
- 1 cup Water
- 1/4 cup Quick or Instant Grits
- 1/2 packet Goya Ham Seasoning
- 1 slice American Cheese
- Black Pepper, to taste

#### **DIRECTIONS**

## **Stove Top Instructions**

NOTE: If using instant grits reduce cooking time appropriately.

- In a medium non-stick skillet, melt butter and scramble eggs. Remove to large soup bowl and keep warm.
- 2. In same pan, sauté ham, peppers and onion until soft, but not mushy.
- 3. Add water, grits and Goya ham seasoning. Bring to boiling.
- 4. Reduce heat and cook on low 5 minutes or until nice and creamy.
- 5. Stir the egg and cheese into grits and heat about 30 seconds.
- Remove grits and egg back to the bowl sprinkle with black pepper and enjoy.

Loaded Grits and Eggs recipe is continued on next page.

# Loaded Grits and Eggs Recipe Continued

## **Microwave Instructions**

NOTE: If using instant grits reduce cooking time appropriately.

- If using microwave method, watch very carefully as this tends to boil over very quickly and make a huge mess.
- 8. In a medium non-stick skillet, sauté ham, peppers and onions until soft but not mushy. Remove to large microwave safe soup bowl.
- 9. Add water, ham, grits and Goya ham seasoning to bowl. Stir well to mix.
- 10. Microwave on high about 3 minutes or until it boils. (Watch carefully)
- 11. Reduce heat to power level 4, or the heat that simmers, and cook for 5 minutes, stirring about once each minute to avoid lumping.
- 12. In same pan where you cooked the ham and peppers, melt butter and scramble the eggs while grits are cooking.
- 13. When grits are thick and creamy add cheese and cook 10 seconds longer.
- 14. Add the scrambled eggs. Mix it up.
- 15. Sprinkle with black pepper and enjoy.
- 16. You can use over easy eggs and omit the cheese.

## Lou Says:

Personally I use the Microwave method most of the time and 5 minutes quick grits.

I make life simple and cook up a big batch (at least 1 cup each) of ham, peppers and onion, and either store in fridge for next few days breakfast or separate into serving size portions and store in freezer.

This mixture will keep in the fridge for several days and can also be used to make a quick Denver Omelet.

Hubby loves Denver Omelets, I love grits and eggs. One day, years ago, I had left over omelet mixture so decided to put it in my grits to see how it would taste. I was hooked, have been making it ever since and have not tired of it. After I started making this I stumbled onto a similar recipe that was said to be made in a restaurant somewhere here in the panhandle. They have lots more ingredients in that recipe than I do in mine, so I guess lots of people here have their own version.

# Breakfast Scrambled Egg Casserole

## **INGREDIENTS**

- 1/2 cup Butter
- 2 tablespoons Flour
- 1/2 teaspoon Salt
- 1/2 teaspoon freshly ground Black Pepper
- 2 cups Milk
- 1 cup Mozzarella Cheese, shredded
- 1 cup cooked Ham, cubed
- 1/4 cup Green Onions sliced
- 12 Eggs beaten
- 1/4 cup fresh Mushrooms sliced
- 1 1/2 cups soft Bread Crumbs

- 1. In medium saucepan, over medium heat, melt 2 tablespoons butter.
- 2. Add flour, salt and pepper and stir with a whisk until well-blended.
- 3. Gradually add milk and cook until thickened and bubbly, whisking constantly.
- 4. Once thickened, remove from heat and stir in cheese. Stir until melted. Set aside.
- 5. In large skillet, melt 3 tablespoons butter.
- 6. Sauté ham and onions until lightly browned.
- 7. Add eggs and stir for 2 minutes.
- 8. Add mushrooms and cheese sauce. Mix well.
- 9. Pour into well-greased baking dish.
- 10. In medium saucepan, melt remaining butter and toss with bread crumbs.
- 11. Sprinkle over top of casserole.
- 12. Cover and refrigerate overnight.
- 13. Bake uncovered at 350°F for 30 minutes.

# Country Apples & French Berry Croissant Recipes

Country Apples are delicious over oatmeal for breakfast or you can serve them over vanilla ice cream for a dessert or treat anytime.

## **Country Apples**

### **INGREDIENTS**

- 4 5 cups Apples
- 2 tablespoon Flour
- 1/3 cup Sugar
- 1/3 cup Raisins
- 1/4 teaspoon Cinnamon
- 2/3 cup Oatmeal
- 3 tablespoon Butter, melted
- 3/4 cup Brown Sugar

### **DIRECTIONS**

- 1. Peel, slice and coat apples with flour and sugar.
- 2. Stir in the raisins, cinnamon and oatmeal.
- 3. Pour 1 cup water into slow cooker.
- 4. Add apple mix.
- 5. Pour melted butter over apples and then brown sugar.
- 6. Cook on low 4 6 hours.

## French Berry Croissant

### **INGREDIENTS**

- 2 cups sliced Strawberries
- 1/4 cup Sugar
- 2 plain Croissants
- 1 cup Sour Cream
- 2 tablespoons sieved Brown Sugar

- 1. Stir strawberries with sugar.
- 2. Split croissants lengthwise.
- 3. Cover with strawberries.
- 4. Top with sour cream stirred with brown sugar.

# Slow Cooker Tex-Mex Breakfast Casserole Recipe

Spice up your morning by serving our Slow Cooker Tex-Mex Breakfast Casserole featuring sausage, hash browns, 2 cheeses, cumin and chipotle. This easy-to-make wonder is perfect for holiday entertaining or a lazy Saturday morning.



### Tex-Mex

Tex-Mex cuisine is an American regional cuisine that derives from the culinary creations of the Tejano people of Texas. It is similar to Southwestern cuisine found in the American Southwest.

Slow Cooker Tex-Mex Breakfast Casserole Recipe is continued on next page.

# Slow Cooker Tex-Mex Breakfast Casserole Recipe Continued

Tex-Mex is most popular in Texas and neighboring areas, especially nearby states in both the US and Mexico. But in the past few years, the wonderful flavors - highlighted by heavy use of cheeses, tomatoes and warming spices like cumin and chipotle - has spread from its roots to entrance the rest of the United States as well as Canada.

And we sure are glad. :)	

Note - Cook times can vary significantly across different slow cooker models on this recipe.

#### **INGREDIENTS**

- Non-Stick Cooking Spray or melted Butter
- 16 ounces mild bulk Sausage (no casings)
- One 20-ounce bag shredded Hash Browns
- 1/2 teaspoon ground Cumin
- 1/2 teaspoon Garlic Powder
- 1 medium Red Pepper, finely chopped
- 8 large Eggs
- 1/2 cup water
- 1/4 teaspoon Chipotle Powder
- Salt and freshly gound Black Pepper, to taste
- 1 cup Sharp Cheddar Cheese, finely shredded
- 1 cup Monterey Jack Cheese (or other mild White Cheese), finely shredded
- Optional Garnishes Use One or More, if desired
- · Chopped Green Onions
- Chopped Red Pepper
- Fresh Cilantro
- Additional shredded Cheeses

#### **DIRECTIONS**

1. Spray a 6-quart or larger slow cooker crock with non-stick cooking spray or grease well with melted butter.

Slow Cooker Tex-Mex Breakfast Casserole Recipe recipe is continued on next page.

# Slow Cooker Tex-Mex Breakfast Casserole Recipe Continued

- 2. In a large skillet, cook sausage until nicely browned, about 8 10 minutes.
- 3. Remove sausage to a plate. Set aside.
- 4. Spread hash browns in an even layer across the bottom of the slow cooker crock.
- 5. Add browned sausage.
- 6. Sprinkle ground cumin and garlic powder over top.
- 7. Add chopped red pepper.
- 8. Season with salt and black pepper, to taste.
- 9. In a large bowl, whisk eggs and water together. Pour evenly across the top of the other ingredients.
- 10. Top all with shredded cheeses.
- 11. Cover and cook on low for 4 hours (see note above).
- 12. Serve immediately topped with green onion, red pepper, fresh cilantro and/or additional shredded cheese, if desired.

# Upcoming Cookbook - Tex-Mex Recipes

We just love Tex-Mex cooking; that wonderful fusion of Mexican and American cuisines started in the southwest United States but now has spread across the country and even world-wide.

If you have never experienced Tex-Mex, you are in for a real taste treat, because we have an extra-large Tex Mex cookbook on the way soon. If you are already a fan, you will love the new Tex-Mex recipes we have for you.

Here are just a very few of the 42 (and counting!) recipes from our upcoming Tex-Mex Cookbook -

- Tex-Mex Tortilla Soup
- Tex-Mex Casserole
- Tex-Mex Crab Bites
- Tex-Mex Smoky Beef Chili Hash
- Tex-Mex Burgers
- Tex-Mex Pizza

- Tex-Mex Roasted Chicken
- Jicama-Orange Salad with Chipotle Vinaigrette
- Tex-Mex Meat Loaf
- Taco Soup
- Mexican Tres Leche Cake

Watch your Email Inbox or Social Media Feed for The Free Cookbook Club's upcoming OVERSIZED Tex-Mex Cookbook. Coming soon.

### Grab 'n' Go Breakfast Cookies

#### INGREDIENTS

- Shortening
- 1/2 cup Butter, softened
- 2/3 cup packed Brown Sugar
- 2 Eggs
- 1/2 teaspoon Vanilla
- 1 cup Whole-Wheat Flour
- 1/2 teaspoon Baking Powder
- 1/4 teaspoon Baking Soda
- 1/4 teaspoon Salt
- 1 cup Rolled Oats
- 1 cup Mixed Dried Fruit (Dried Cranberries, Cherries, Raisins and/or Apricots (chopped))
- 1/2 cup Banana Chips, broken up
- 1/2 cup chopped Walnuts, Peanuts, Pecans or Almonds

#### **DIRECTIONS**

- 1. Preheat oven to 350°F.
- 2. Grease a cookie sheet with shortening. Set aside.
- 3. Cut up butter with the table knife.
- 4. Put butter in a large mixing bowl.

  Beat with electric mixer on medium speed about 30 seconds or until butter is creamy. Stop mixer.
- Add brown sugar. Beat on medium speed until combined, stopping the mixer occasionally and scraping the bowl with a rubber scraper. Stop mixer.
- Add eggs and vanilla. Beat on medium speed until combined.
- 7. Put whole wheat flour, baking powder, baking soda and salt in a small bowl. Stir with the wooden spoon.
- 8. Stir flour mixture into egg mixture.
- 9. Stir in oats, mixed fruit bits, banana chips and nuts.
- 10. Scoop the dough with a 1/4-cup measuring cup. Drop the dough in mounds 2 inches apart onto the prepared cookie sheet. If necessary, use the rubber scraper to push the dough from the measuring cup. Use your hands to flatten dough on cookie sheet.

Grab 'n' Go Breakfast Cookies recipe is continued on next page.

# Grab 'n' Go Breakfast Cookies Recipe Continued

- 11. Put the cookie sheet in the oven. Bake for 12 to 15 minutes or until cookie edges begin to brown.
- 12. Use hot pads to remove cookie sheet from oven. Let cookies remain on cookie sheet for 1 minute. Use a pancake turner to move cookies to a cooling rack.
- 13. Repeat with remaining dough, letting cookie sheet cool between batches or use a second cookie sheet.
- 14. Turn off oven.
- 15. Serve with your favorite fruit-flavored yogurt and orange juice.

NOTE - If you like, use an ice cream scoop that holds about 1/4 cup to scoop the dough.



### Girl Scouts Samoa Cookies Secret Home Recipe

Make our Girl Scouts Samoa Cookies Secret Home Recipe at home anytime of the year. With our Secret Home Recipe your Samoa Cookies will taste just like the ones you get from the Girl Scouts.

secretcopycatrestaurantrecipes.com/girlscouts-samoa-cookies



### Oh-So-Easy Snickers Cookies Recipe

Don't be put off by how easy these are to make. Take it as a Bonus. They are spectacularly good and you can make them anytime you want!

secretcopycatrestaurantrecipes.com/oh-soeasy-snickers-cookies-recipe

# Puffy Omelet with Canadian Bacon Filling

#### INGREDIENTS

- 4 Eggs, whites and yolks separated
- 3 ounces sliced Canadian-Style Bacon, cut into thin strips
- 1/4 cup shredded Cheddar Cheese
- 1/2 teaspoon chopped fresh Basil or 1/4 teaspoon dried Basil
- 1/4 teaspoon White Pepper
- 5 teaspoons Butter or Margarine
- 1/2 cup fresh Mushrooms
- 1/4 cup chopped Green Pepper
- 1 large Tomato, peeled, seeded and chopped

#### **DIRECTIONS**

- 1. Preheat oven to 350°F.
- 2. In a medium bowl, beat egg whites until stiff peaks form.
- 3. In a separate bowl, beat egg yolks until thick and lemon-colored.
- 4. Stir in Canadian-style bacon, cheese, half of the basil and pepper.
- 5. Fold yolk mixture into egg whites.
- 6. In a 10-inch skillet with oven-proof handle, heat 2 teaspoons of the butter over medium heat until a drop of water sizzles. Spoon egg mixture into skillet, gently smoothing surface.
- 7. Reduce heat to low and cook for 7 to 8 minutes or until the bottom is golden.
- 8. Bake in oven for 10 12 minutes or until knife inserted halfway between center and outer edge comes out clean.
- 9. In a skillet, cook mushrooms and green pepper in the remaining hot butter, over medium heat, 3 minutes or until tender. Add the remaining basil and tomato and cook 5 minutes or until liquid is reduced, stirring occasionally.
- 10. Loosen sides of omelet with spatula. Make a shallow cut across omelet, cutting slightly off-center.
- 11. Spoon filling over larger half.
- 12. Tip skillet and fold the smaller portion of omelet over larger half.
- 13. Slip omelet onto a warm serving platter.

Serve immediately.

# Abondigas (Mashed Potato Patties)

This is a great use for leftover mashed potatoes. Plan ahead and you can serve mashed potatoes on Friday or Saturday night and wake up to easily made, warm Abondigas in the morning.

Because you have to use your hands for this recipe, you can purchase plastic food gloves at your supermarket if you prefer, rather than handling the patties.

This recipe makes 1 or 2 patties. Double or triple or more as needed.

#### INGREDIENTS

- 1 Egg
- Cold Mashed Potatoes
- Cooking Oil
- Salt and freshly ground Black Pepper, to taste

#### **DIRECTIONS**

- 1. Mix one egg in bowl and add salt and pepper.
- 2. Handle cold mashed potatoes and, by hand, form into 1/2-inch thick round patties about the size of your hand. Don't flatten too much.
- 3. Carefully put one patty into egg mixture, making sure you completely cover all of the potato. Lift out of bowl with spatula or use a deep spoon and cautiously put into pan with cooking oil over medium heat.
- 4. Cook until egg surrounding the patty is almost done, then turn the patty over. (This is the tricky part!) Patty is done when the egg is done on the outside, but will still be soft in the inside.
- 5. Take out of pan and put onto dish.
- 6. Add more cooking oil for second patty and repeat above instructions.

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# Spicy Tomato Sauce-Topped Omelet

#### INGREDIENTS

- 1/2 pound Boiling Potatoes, peeled and diced
- 2 tablespoons Peanut Oil
- 1 medium Onion, chopped (See page 7)
- 2 slices boiled Ham diced
- 4 large Eggs, beaten
- 1/2 teaspoon Salt
- 1 teaspoon freshly ground White Pepper
- 1 tablespoon Peanut Oil
- 1/2 cup Spicy Tomato Sauce

#### **DIRECTIONS**

- 1. Place potatoes in a small saucepan. Cover with water and bring to a boil over high heat. Reduce heat to medium high, partially cover, and cook potatoes for 15 minutes. Drain well and set aside.
- 2. Heat oil in a skillet over medium high heat until oil is hot, but not smoking.
- 3. Add onions and cook until they are softened, but not browned, about 4 minutes.
- 4. Add potatoes and cook, stirring occasionally, for 4 minutes.
- 5. Add ham and cook, stirring just until ham is heated through and mixture is well-blended. Take off heat and reserve.
- 6. Break eggs into a medium bowl and season with salt and pepper. Using a wire whisk beat eggs until they are light and frothy.
- 7. Heat oil in an omelet pan over medium high heat.
- 8. When hot, but not smoking, add eggs.
- Cook eggs over medium high heat, pushing sides to the center as they cook. Gently shake and tilt pan so the uncooked parts flow to bottom of the pan.
- 10. When bottom of the omelet is lightly browned and the top has set remove pan from heat. Loosen sides of omelet with a fork shaking pan gently.
- 11. Spoon onion/potato/ham mixture onto one half of the omelet and fold the other half over
- 12. Slide omelet onto a warmed platter and serve at once with tomato sauce over the top.

# Enhanced Recipes

Breakfast Sweet & Breakfast Savory Recipes Brunch Recipes & More

# Enhanced Recipes - Breakfast Sweet



### Traditional Bisquick Rolled Biscuits Recipe

Homemade biscuits are a Southern Tradition. Getting that delicious homemade, fresh-from-the-oven taste is easier to make than you might expect using our Traditional Bisquick Rolled Biscuits Recipe.

southernfoodies.com/traditional-bisquick-rolled-biscuits-recipe



### Cinnamon Roll-Peach Pie Breakfast Casserole Recipe

There are just 4 ingredients in this super-easy, very-peachy breakfast casserole recipe from the good folks at Pillsbury.

freecookbookclub.com/cinnamon-roll-peachpie-breakfast-casserole-recipe



### Kit Kat Croissants Recipe

Kit Kat Croissants are sort of a better, tastier homemade version of the fried candy bar that is all the rage at county and state fairs right now. They are much, much easier to make, too.

appetizersandpartyrecipes.com/kit-katcroissants-recipe



# Chocolate Nutella Quesadillas with Strawberries and Bananas Recipe

This is a quick and easy recipe you can make for breakfast, lunch or anytime you crave a chocolatey fruity treat.

freecookbookclub.com/chocolate-nutellaquesadillas-with-strawberries-and-bananas-recipe

# Enhanced Recipes - Breakfast Sweet



### S'mores French Toast with Nutella Recipe

Breakfast might be the meal with the most routine. Most of us eat the same thing everyday. How about changing it up a bit this weekend? How about S'mores French Toast with Nutella?

freecookbookclub.com/smores-french-toastwith-nutella-recipe



### Apple Cinnamon Breakfast Muffins Recipe

Fluffy hot muffins with cinnamon, coconut, walnuts and two kinds of apples make the perfect weekend breakfast. Video includes 2 fancy toast recipes as a bonus. Written recipes included.

freecookbookclub.com/apple-cinnamonbreakfast-muffins-recipe

# Enhanced Recipes - Breakfast Savory



### Potato Breakfast Hash with Poblano Peppers Recipe

This fun video recipe shows us how to make a delicious breakfast hash using last night's leftover boiled potatoes. Full Written Recipe included.

freecookbookclub.com/potato-breakfasthash-with-poblano-peppers-recipe



### Spinach Breakfast Tacos Recipe

Just 6 simple ingredients and about 15 minutes are all you need to make hot, delicious, filling Spinach Breakfast Tacos. Video and Written Recipes Included.

freecookbookclub.com/spinach-breakfast-tacos-recipe



### Denver Omelette Breakfast Sliders Recipe

The famous Denver Omelette - with its firm eggs and caramelized flavor - reimagined as sliders. On King's Hawaiian Rolls, no less. Video and Written Recipe.

freecookbookclub.com/denver-omelettebreakfast-sliders-recipe-2



### Baked Sweet Potato and Gouda Frittata Recipe

One pot, cooking to serving, is all you need to make this elegant weekend brunch frittata.

freecookbookclub.com/baked-sweet-potatoand-gouda-frittata-recipe

# Enhanced Recipes - Brunch



### Summer Avocado Chicken Salad Recipe

This Avocado Chicken Salad recipe is just bursting with the fresh flavors of Summer – with just enough naughty (read – Bacon!) to be decadent. It comes together in just minutes.

freecookbookclub.com/summer-avocadochicken-salad-recipe



### **BLT Bites Recipe**

BLT Bites are the perfect make ahead appetizer to take to all your summer parties!

appetizersandpartyrecipes.com/blt-bitesrecipe

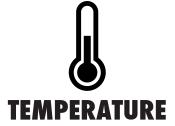
## Kitchen Measurement Conversion Charts

	cup	FLUID OUNCE fl. oz	tbsp	tsp	MILLI LITER ml
	1	8	16	48	240
LIQUID	3/4	6	12	36	180
1 tsp = 5 ml 1 tbsp = 15 ml	2/3	5	11	32	160
	1/2	4	8	24	120
1 ml = 0.035 fl oz 1 litres = 1.76 Pints 1 Pints = 568 ml 1 litres = 1000 ml	1/3	3	5	16	80
	1/4	2	4	12	60
	1/8	1	2	6	30
	1/16	0.5	1	3	15

<u> </u>	OUNCE oz	POUND lb	stick	GRAM g
MASS	1	1/8	1/4	28
	4	1/4	1	113
1 oz = 28.35 g	8	1/2	2	227
1 kg = 35 oz	12	3/4	3	340
1  kg = 2.2  lb $1  g = 0.035  oz$	16	1	4	454
1 kg = 1000 g	24	11/2	6	680
	32	2	8	907
	48	3	12	1361

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## Kitchen Measurement Conversion Charts



 $^{\circ}$ C x 1.8 + 32 =  $^{\circ}$ F  $^{\circ}$ F - 32 ÷ 1.8 =  $^{\circ}$ C

DEGREES FARENHEIT °F	DEGREES CELSIUS °C	
250	120	VERY SLOW
275	140	
300	150	SLOW
325	170	
350	180	MODERATE
375	190	
400	200	MOD. HOT
425	220	
450	230	НОТ
475	240	VERY HOT

TITITI LENGTH			INCH in	MILLI METRE mm
		10: 1 /: )	1	25
1 feet (ft) 3 feet (ft)	=	12 inches (in) 1 yard (yd)	3/4	19
1 yard (yd)	=	36 inches (in)	2/3	17
1 feet (ft)	=	305 millimetres (mm) 914 centimetres (cm)	1/2	13
1 yard (yd)			1/3	8
			1/4	6
1 metre (m) 1 centimetres		100 centimetres (cm) 10 millimetres (mm)	1/8	3

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#### Enhanced Cookbook - Breakfast Cookbook 1

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