

**Recipes included at this site do not appear in**  
*A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.*

**May 2017**

**EGGS**

**Breakfast *Strudel* with Eggs and Potatoes**

**Moroccan Eggs in Sauce**

**Nicaraguan Banana Pudding with Coconut Custard Sauce**

**Sweetpotato, Kale, and Tomato *Frittata* with Goat Cheese**

Traveling can be a considerable challenge to the vegetarian. Cooks in some countries just could not respond to my requests for meatless suggestions because every menu revolved around meat or fish. In many cultures fish, seafood, and even poultry are not considered to be meat so the cooperative optimism of a chef or two have been dashed over the years. Many do not consider meat or poultry stocks as meat, unaware that long-time vegetarians no longer have the enzymes to digest even those stocks. They did not have protein alternatives nor had they ever thought of stocking vegetable broths for such occasions. More than that they could not understand why people who could afford meat, did not eat meat. As I recommended in *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*, most chefs are more than happy to scramble or fry eggs for the hungry vegetarian traveler or provide a hunk of a local cheese. A

ball of the freshest *mozzarella* served with steamed and chilled vegetables made a restaurant in Rome a memory to always cherish.

I remember being very glad that we were lacto-ovo vegetarians when we stopped for a meal in the small industrial city of Vladimir, Russia, back in the days of the Soviet Union. Our “minder” had arranged for a meal but neglected to inform the restaurant that there would be vegetarians in the party. The chef had planned a meal centered around tongue. The *au gratin* dishes that were presented contained a well-flavored tomato-potato-onion mixture with poached eggs. I can still taste the warm, homemade bread that accompanied the dish. I needed nothing more. Another cook prepared a lovely vegetable meal and offered a magnificent custard for dessert. Again, eggs saved the day. Yes, we have had to resort to our emergency peanut butter supply, with which we always travel. Sometimes it is simply spread on crackers to provide a complemented protein source. One time a can of rice pudding and a can of vegetarian baked beans were our meal in an Irish B and B. It wasn't fancy but it was memorable.

The first domestication of poultry for eggs can be traced to Southeast Asia and India and dated to before 7,500 BC. Our ancestors were really onto something since the egg is, in addition to providing 12.6 grams of protein vital to human health and survival, a good source of vitamins A, B<sub>12</sub>, D, riboflavin, pantothenic acid, phosphorus, choline, and zinc. Even the calcium in the shell of an egg can contribute to your diet if you crush it and sprinkle it around your garden plants or add it to your compost pile. My grandmother always crushed egg shells and sprinkled half around her tomatoes and half around her roses. The ancient Romans always crushed their egg shells too but for a different reason. They believed that spirits were hiding in the broken egg shells and crushing the egg shells gave them no place to hide.

Eggs are too often relegated to breakfast menus in America but beautiful soufflés and custard sauces can easily convince you that the “incredible, edible, egg” is a menu tool from morning to night, from appetizer to dessert. Deviled eggs are favorites of mine and I do love egg salad, on bread or not. Moldovans make a simple grated cheese *soufflé* that I think is one of the more perfect dishes in the world. (See p. 287 of volume I of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*.) *Frittatas* and omelets can be simple or very complex. One of the more interesting is an omelet on an omelet that is popular in Chile. (See *A Worldwide Vegetarian Journey* . . . volume II, p. 531.) Lebanese shirred eggs in yogurt are divine. (See *A Worldwide Vegetarian Journey* . . . volume I, pp. 530-531.) Nothing beats perfectly scrambled eggs. My recipe can be found in *A Worldwide Vegetarian Journey* . . . volume I, p. 364. And there is always the Danish *smørebrod* where hard-cooked, scrambled, poached, or even raw eggs can adorn the most beautiful sandwiches in the world. (See *A Worldwide Vegetarian Journey* . . . volume I, p. 106.)

Concern over a sharp increase in food-borne illnesses led many to question the safety of the food chain. In the 1980s *Salmonella enteritidis* was found to be transmitted in produce but most frequently in eggs and on chickens. *Salmonella typhimurium* is also a threat transmitted by eggs but rarely in the United States. In the United Kingdom, where it is a problem, eggs from chickens that have been vaccinated against *Salmonella* can be identified by a lion stamp on each egg. People were and are advised to carefully prepare poultry and to cook poultry and eggs well. The danger of *salmonellosis* put an end to the raw egg in the smoothie habit of some. Be comforted, however . . . Fifty-one percent of the protein in a raw egg is unavailable to human metabolism but just cook it and ninety-one percent of the egg's protein is available. Instead of going to extremes to pasteurize eggs in the shell, which can be achieved at 135 degrees F. for 1 1/4 hours, meringues and such were replaced in our repertoires. The poached egg, the soft-boiled egg, and *huevos rancheros* disappeared from restaurant menus; dishes that contained uncooked eggs were reworked; organic eggs and pasteurized eggs became increasingly available. I made the move and never looked back. As I have mentioned before, pasteurized eggs make downsizing recipes downright easy and poached eggs are back on our menus.

## BREAKFAST *STRUDEL* WITH EGGS AND POTATOES

TPT - 3 hours and 56 minutes;

2 hours = potato chilling period

*Having made puff pastry from scratch following every step outlined by Julia Child, I became an instant fan of frozen puff pastry when it was introduced. It is one of the most convenient products on the planet! The ingredients in this dish may be humble breakfast food to some but this breakfast strudel is a dramatic presentation for a holiday breakfast or for dinner any time. It is a way to enjoy the softest, richest, fluffiest eggs and my favorite home-fried potatoes. Only the potatoes take time and they can be boiled and chilled overnight to reduce the preparation time.*

**2 medium waxy Yukon or golden potatoes peeled and halved\***

**2 tablespoons butter**  
**Freshly ground black pepper, to taste**

**1/4 cup diced red bell pepper**  
**1/4 cup *finely* chopped onion**

**2 large eggs**  
**Pinch salt**  
**1 1/2 teaspoons light cream *or* half and half**

**1/2 sheet frozen puff pastry (i. e., 4 1/2 x 7 inches)**  
**—brought to room temperature**

In a kettle of water set over *MEDIUM-HIGH* heat, boil potatoes until *tender*, but *not mushy*—about 25 minutes. Drain and refrigerate for at least 2 hours until potatoes are *completely cold*. Dice potatoes.\*

In a large skillet set over *LOW-MEDIUM* heat, melt butter. Add diced potatoes and cook, stirring frequently, until potatoes are evenly browned—about 25 minutes. Season with black pepper. Using a spatula, remove potatoes from pan to a bowl. Set aside briefly.

Add chopped red pepper and *finely* chopped onion to the skillet over *LOW-MEDIUM* heat. Cook, stirring frequently, until onion is soft and translucent. *Be careful not to allow onion to brown.*

In a small bowl combine eggs, salt, and cream. Using a wire whisk, combine thoroughly. Season beaten eggs with black pepper. Add beaten eggs to vegetables in skillet. Scramble *gently* until eggs are cooked, but *still soft*. Set aside briefly.

Remove pastry from refrigerator or freezer and allow to come to room temperature.

Preheat oven to 400 degrees F.\* Prepare a baking sheet by lining with culinary parchment paper.

Place pastry on parchment-lined baking sheet, long side toward you. Using a sharp knife, trim triangle from each corner facing you. Pulling the knife away from you at a 45-degree angle, make eight cuts on the left side *one-third* of the way across the pastry to form strips. **LEAVE THE CENTER *ONE-THIRD* OF THE PASTRY UNCUT.** Again, pulling the knife away from you to the left at a 45-degree angle, make eight cuts in the remaining *one-third* of the pastry on the right side. **BE SURE THE STRIPS GO IN THE SAME DIRECTION, ANGLING AWAY FROM YOU.**





Combine eggs and potatoes. Spoon the mixture into the center of pastry, the part that you have left uncut. Bring strips of pastry over in a braided fashion. Moisten where pastry strips overlap to secure them. Bake in preheated 400 degree oven until pastry is puffed and golden—about 20-25 minutes. Transfer to a serving platter or board.



*Serve at once.* Use a sharp knife to slice.

Yields 4 servings  
adequate for 2-3 people

Note: If you have a crowd for a holiday breakfast, you can double this recipe twice. Two large *strudels* can be baked together on the same baking sheet.

1/4 SERVING – PROTEIN = 6.5 g.; FAT = 17.0 g.; CARBOHYDRATE = 21.0 g.;  
CALORIES = 267; CALORIES FROM FAT = 57%

## MOROCCAN EGGS IN SAUCE

### *Shackshooka*

TPT - 41 minutes

*An egg dish very similar to this is popular in Mexico and has become a part of the so-called Tex-Mex cuisine. The uncanny similarity might well be due to the influence of Spain, “mother” to both. Morocco or Marruecos, as the Spanish refer to it, was divided between French and Spain from 1911 to 1956. If you like “Huevos Rancheros,” you are bound to like “Shackshooka” (or “Shackshuka”).*

**1 1/2 teaspoons olive oil**  
**1 small onion—*finely* chopped**  
**1 garlic clove—*finely* chopped**

**1/4 teaspoon ground turmeric**  
**Crushed hot red pepper flakes, to taste—generally about**  
**1/4 -1/2 teaspoon**

**1 1/2 cups peeled, seeded, and chopped fresh tomatoes**

*or* canned, *diced* tomatoes

**4 large organic eggs**

In a 9-inch non-stick-coated skillet with cover set over *MEDIUM* heat, heat oil. Add *finely* chopped onion and garlic. Sauté until onion is soft and translucent, *allowing neither the onion nor the garlic to brown*.

Stir in turmeric and crushed red pepper flakes. Continue to sauté for 2-3 minutes more, again *allowing neither the onion nor the garlic to brown*.

Reduce heat to *LOW*. Add chopped tomatoes. Stir well to distribute seasonings. Cover and allow to simmer over *LOW* heat for about 15 minutes.

Using a large spoon, make four depressions in the sauce. Break eggs, one at a time, into a small dish or cup and slip the eggs into the depressions. Cover the pan again and simmer for about 5 minutes. Egg yolks should be *set*, but *not hard*.

*Serve at once*, directly from skillet, using a wide spatula.



Yields 4 servings  
adequate for 2 people

Note: If necessary to double, prepare in a large skillet

1/4 SERVING – PROTEIN = 7.6 g.; FAT = 7.3 g.; CARBOHYDRATE = 5.3 g.;  
CALORIES = 115; CALORIES FROM FAT = 57%

**NICARAGUAN BANANA PUDDING  
WITH COCONUT CUSTARD SAUCE**

*Pudin de Bananas en Natillas con  
Coco*

TPT - 1 hour and 40 minutes;  
5 minutes = egg whipping period;  
1 hour = refrigeration period

*With the hundreds of banana varieties grown throughout the world, here in the United States the search for a banana that tastes good can be a thankless day's adventure. Red bananas and baby bananas are head and shoulders above the Cavendish bananas that dominate the banana offering in most stores but they are all too often unavailable. If I have the misfortune to end up with the tasteless Cavendish bananas, rather than enjoying a banana as my afternoon fruit I tend to serve them, sliced, as the carbohydrate with an Indian meal or sliced in a vanilla "crème Anglaise" for dessert. Replacing cream with coconut milk, as they do in Nicaragua and other Latin-American and Caribbean countries, an egg custard sauce results that is a remarkably perfect compliment to bananas.*

**1/2 cup fat-free pasteurized eggs (the equivalent  
of 2 eggs)  
3 tablespoons sugar  
1/2 teaspoon pure vanilla extract**

**1/2 teaspoon arrowroot flour**

**3/4 cup light, unsulfited coconut milk\***

**2 large bananas—sliced**

In a large mixing bowl, combine pasteurized eggs, sugar, vanilla extract, and arrowroot flour. Using the electric mixer, beat mixture until thick and lemony—about 5 minutes.

Continue to beat egg mixture while gradually adding the coconut milk. Turn into the top of a double boiler set over simmering, but *not boiling*, water. Cook, stirring frequently with a wooden spoon or a wire whisk, until custard has thickened—about 25 minutes. Remove from heat.

Scatter *one-third* of the banana slices over the bottom of a **5-inch soufflé dish**. Spoon *one-third* of the coconut custard sauce over the bananas. Scatter *one-half* of the remaining bananas over the custard. Spoon *one-half* of the remaining coconut custard sauce over the banana layer. Scatter the rest of the bananas over and top with the remaining coconut custard. Refrigerate for at least 1 hour.

Serve into dessert dishes.

Yields 4 servings  
adequate for 2-4 people

Notes: \*Be sure to use the light coconut milk. It is thinner and more easily used in this recipe.

This recipe may be doubled, when required.

1/4 SERVING – PROTEIN = 4.3 g.; FAT = 2.1 g.; CARBOHYDRATE = 33.3 g.;  
CALORIES = 158; CALORIES FROM FAT = 12%



## **SWEETPOTATO, KALE, AND TOMATO *FRITTATA* WITH GOAT CHEESE**

TPT - 16 minutes

*There are few vegetables which Italians do not use in frittatas and there are few vegetables with which frittata lovers will not experiment. This fascinating combination is a case in point and it results in a truly divine frittata for a light summer evening's supper.*

**1/2 teaspoon butter**

**1/2 teaspoon *extra virgin* olive oil**

**2 shallot cloves—*finely* chopped**

**1/3 cup shredded sweetpotato**

**2/3 cup *finely* shredded kale—well-rinsed**

**1 small tomato—peeled, seeded, and diced**

**1/8 teaspoon freshly ground black pepper, or to taste**  
**Tiny pinch ground sweet marjoram**

**3 large eggs—well-beaten**  
**1/2 ounce goat cheese with honey—diced**

**2 teaspoons grated *pecorino Romano* or**  
**Parmesan cheese, as preferred**

Preheat broiler to about 350 degrees F.

In a **7-inch skillet**,\* set over *MEDIUM* heat, heat butter and olive oil. Add *finely* chopped shallots, shredded sweetpotato, *finely* shredded kale, and *diced* tomato. Sauté until shallots are soft and vegetables are *crisp-tender*, allowing neither the shallots nor the other vegetables to brown.

Season with black pepper, and sweet marjoram. Stir.

Stir in beaten eggs and diced goat cheese, spreading evenly over pan surface. Cook, *undisturbed*, until set. Wrap pan handle with aluminum foil, if necessary, to protect it from burning. Sprinkle the *frittata* with grated cheese and place under preheated broiler until *lightly browned*. *Be careful not to scorch eggs*.

Slide out of skillet onto a heated round serving platter.

*Serve at once*, cut into wedges.

Yields 4 servings  
adequate for 2 people

Notes: \*We use a non-stick-coated skillet which we further coat with a non-stick lecithin spray coating to facilitate the release of the *frittata* for serving.

This is easily increased proportionately as needed using a 9-inch or a 10-inch skillet although it will require a longer cooking period and produce a thicker *frittata*.



1/4 SERVING – PROTEIN = 9.0 g.; FAT = 6.5 g.; CARBOHYDRATE = 4.2 g.;  
CALORIES = 100; CALORIES FROM FAT = 60%

*Honey is another food produced by animals  
that many vegetarians and virtually all vegans do not eat.*

*Next month I will discuss my feelings on the subject  
and share three honey cakes from different cuisines.  
Whether you eat honey or not, I hope you will drop by,*

*Judy*

Please note that all food value calculations are approximate and not the result of chemical analysis.

© 2016