

## Show 31: *Sunday Brunch*

### Herb Popovers

12 popovers

2 Cups all-purpose flour  
2 Cups fat-free milk  
1 t. dried herbs of your choice  
½ t. onion salt  
2 eggs  
4 egg whites

1. Heat oven to 450. If necessary, spray 6-cup popover pans with cooking spray
2. Place all ingredients in blender. Cover and blend on medium speed about 15 seconds, stopping blender to scrape side if necessary, just until smooth.
3. Fill cups about ½ full. Bake 20 minutes
4. Reduce oven temperature to 350. Bake 15 to 20 minutes longer or until deep golden brown. Immediately remove from cups. And serve hot.

For sure success: Do not under bake. Do not peek ... opening the oven door can let cold air in and the popovers can fall!

### Crab Scramble Casserole

Scrambled eggs meet a creamy blend of crabmeat, cream cheese and fresh dill in this brunch favorite! Easy do-ahead recipe.

2 t. butter or margarine, melted  
12 eggs  
½ cup milk  
1 t. salt  
½ t. chopped fresh dill or ½ t. dried dill  
1 cup chopped cooked crabmeat or imitation crabmeat  
1 package (8 oz.) cream cheese, cut into ½ -inch cubes  
2 medium green onions (1/4 cup)  
Paprika

1. Pour butter into square baking dish 8x8x2 inches; tilt dish to coat bottom
2. Beat eggs, milk, salt, white pepper & dill in large bowl, using fork or wire whisk. Stir in crabmeat, cream cheese and onions. Pour into baking dish. Cover and refrigerate up to 24 hours.
3. About 1 hour before serving, heat oven to 350. Sprinkle egg mixture with paprika.
4. Bake uncovered 45 to 50 minutes or until center is set.

### Lemony Green Beans

Hint: use only the freshest of green beans! You can tell your beans are young when you snap one open and it's filled with shimmering translucent matter and the seeds are tiny.

2 pounds green beans, ends trimmed  
2 T olive oil  
1 t. finely shredded lemon peel  
2 T lemon juice  
2 T chopped parsley  
1 or 2 cloves garlic, pressed or minced  
Salt & pepper  
Thin lemon slices

Optional: 24 nasturtium flowers.

1. In a 5-6 quart pan over high heat, bring about 3 quarts water to a boil. Add the beans. Stir occasionally until tender crisp to bite, 4-5 minutes. Drain.
2. In a large bowl, combine oil, lemon peel, lemon juice, parsley and garlic. Add beans and mix to coat, toss in the nasturtiums.. Add salt & pepper to taste. Pour into service dish and garnish with lemon slices.

### Crab Hors d'oeuvres

Note: Up to 1 day ahead, assemble appetizers, cover and chill.

1 package (8oz.) cream cheese  
3 T minced green onions  
1 T lemon juice  
1 T white wine Worcestershire sauce  
¼ teaspoon white pepper  
¼ pound shelled cooked crab (about 1 ½ cup) substitute imitation crab

about 32 "holders" for the mix. Your choice of: mushroom caps, cherry tomatoes, green, red, yellow pepper, endive,

1. Mix cheese with everything except the crab. Lastly, stir in the crab.
2. Mound 2 t. crab filling in each of your "holders"
3. Have fun!

### **Herb-Roasted Potatoes**

This dish is delicious for every day meals, but ideal for a dinner party because the potatoes can be parboiled, seasoned, and set out on a baking sheet early in the day, then roasted when needed.

2 ½ t. salt  
2 pounds small potatoes, such as Yellow Finn, Yukon Gold, fingerling or new red or white potatoes  
3 T coarsely chopped fresh herbs, such as rosemary, thyme, sage, oregano ... your choice  
4 cloves garlic, finely chopped  
3 T extra-virgin olive oil  
Freshly ground black pepper to taste.

1. Parboiling the potatoes with 2 t. salt. Wash the potatoes, cutting them into bite size pieces, not larger than 1 inch across. Bring the potatoes to a boil over high heat and continue to boil them until they are easily pierced, but are still firm, about 10 minutes. Drain the potatoes in a colander.

Roasting. Preheat the oven to 425. Transfer the potatoes to a large mixing bowl and toss them with the herbs, garlic, olive oil, the remaining ½ t. salt and pepper. Spread them out on a baking sheet or shallow roasting pan. At this point the potatoes can be covered with plastic wrap and held for up to 2 hours at room temperature or up to 1 day in the refrigerator.) Roast the potatoes until golden brown, 15 to 20 minutes, turning them once halfway through the baking time so they can brown evenly.