

Breakfast for Supper

Written by Debbi Covington
Wednesday, 12 October 2011 10:09



Cooler weather has me craving comfort food. I don't know about you, but breakfast foods tend to make me sleepy! One of our favorite meals is breakfast for supper. Some nights we'll eat scrambled eggs and pancakes, other nights we'll opt for a fritatta and a salad. The best combination is something warm and comforting teamed with something sweet and loaded with carbohydrates. Knocks me out every time!

Carolina Gentleman's Breakfast Casserole

4 English muffins, halved
1 pound sausage, cooked and drained
3 eggs
1 (10³/₄-ounce) can cream of mushroom soup
1½ cups milk
1¼ cups (5 ounces) shredded Swiss cheese, divided

Line a 9x13-inch baking dish with halved English muffins. Add sausage. Mix eggs, soup, and milk together with 1 cup of the cheese and pour over sausage. Sprinkle with remaining ¼ cup of cheese. Cover and bake in a preheated 350 degree oven for 20 minutes or until warmed through. Serves 8.

Crab and Asparagus Souffles

4 ounces cream cheese, softened
6 large eggs
1/3 cup whole milk

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Salt

Pepper

1 tablespoon dried chives

1 tablespoon dried minced onion

1 (6-ounce) can crab meat, drained

½ cup (2 ounces) shredded Swiss cheese

10 fresh asparagus spears, cut into 1-inch pieces

Nutmeg

Lightly grease 5 (6-ounce) ramekins. In a medium bowl, combine cream cheese, eggs, milk, salt, and pepper until smooth. Stir in chives, onion, crab meat, cheese, and asparagus.

Season with a dash of nutmeg. Preheat oven to 350 degrees. Pour mixture into prepared ramekins. Place ramekins in a baking pan and add boiling water to fill pan halfway up sides of ramekins. Cover loosely with foil and bake until eggs are just set, 25 to 30 minutes. Serves 5.

Caramel-Pecan French Toast

1 cup light brown sugar, firmly packed

½ cup butter

2 tablespoons light corn syrup

6 (½-inch) thick slices French bread

6 eggs, beaten

1½ cups milk

1 teaspoon vanilla extract

½ cup chopped pecans

Combine brown sugar, butter, and corn syrup in a small saucepan. Cook over medium heat until thickened, stirring constantly. Pour syrup mixture into a lightly greased 9x13-inch baking dish. Place slices of bread on top of syrup mixture. Combine eggs, milk, and vanilla. Pour egg mixture evenly over bread slices. Cover and chill overnight. Bake, uncovered, at 350 degrees for 30 to 35 minutes or until lightly browned. Sprinkle with pecans and bake an additional 10 minutes until nuts are toasted and toast is golden. Serves 6.

Grits Magnolia

3 cups heavy cream

1 stick butter

3 cups water

1 cup quick-cooking grits

Salt

White pepper

Heat cream and water to boil. Add butter, salt and pepper. Slowly add grits and reduce heat. Cook 20 minutes, stirring often. Serves 6.

Maple Coffee

3 cups half-and-half

¾ cup maple syrup

4 cups freshly brewed coffee

Sweetened whipped cream

Combine half-and-half and syrup in saucepan over medium heat; stirring constantly, until

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thoroughly heated (do not boil). Stir in coffee. Serve with sweetened whipped cream. Serves 8.

The writer owns Catering by Debbi Covington and is the author of the cookbook, Dining Under the Carolina Moon. Debbi's website address is www.cateringbydebbicovington.com . She may be reached at 525-0350 or by email at debbic@cateringbydebbicovington.com.

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