

“Eggcellent” Options For Your Menu

According to *Restaurants and Institutions* 2007 New American Diner study, a majority of consumers surveyed said that the restaurants they select reflect their personality and that they consider themselves adventurous diners. Diners seem to feel strongly about indulging or treating themselves occasionally through a restaurant dining experience. The study also found that “favorite dishes” are likely to bring regular patrons back, time after time.

Executive chef-restaurant owner Cindy Hutson knows that giving patrons what they want is the key to a successful foodservice operation. Hutson is a self-taught chef who focuses her cuisine on the lighter side of fusion cooking. While traveling to and from Jamaica, Chef Hutson developed a unique style of culinary skills, which she refers to as “edible art, a Cuisine of the Sun.” In July of 1999, Hutson opened *Ortanique on the Mile*,

a restaurant featuring Caribbean cuisine with a fresh, light attitude. At *Ortanique*, she concentrates on the wonderful flavor combinations of fish, fruits, vegetables, and traditional tropical seasonings and has a passion for melding together our earth’s edible treasures. Chef Hutson is a big fan of eggs and she includes them on her menu at lunch & brunch.



Chef Hutson is one of three *Eggcellent Chef Ambassadors* appointed by American Egg Board. As a spokesperson for the egg industry, Chef Hutson has developed original, trend-setting recipes for eggs, including the two egg-rich recipes listed in this newsletter. Why not add one of these taste-tempting, unique recipes to your menu today? According to the *Restaurants and Institutions* New American Diner study, **good food** is still the overriding aspect of the dining experience.

CLUB SANDWICH ESPAÑA

Yield: 12 Servings

Ingredients	Weight	Measure
Mayonnaise	12 oz.	1-1/2 cups
Parsley, chopped	1 oz.	3/4 cup
Ground cumin	---	2 Tbsp.
Thick-sliced Applewood bacon	1 lb. 8 oz.	24 slices
Eggs	1 lb. 5 oz.*	12 large
Country or hearty bread, toasted	Approx 2 lb. 4 oz.	24 slices
Serrano ham, very thinly sliced	1 lb. 8 oz.	---
Manchego cheese, sliced	12 oz.	12 slices
Tomatoes, cut in 6 slices each	Approx. 2 lb.	4 large
Crisp lettuce leaves	12 oz.	12 leaves

Method

1. Prepare flavored mayonnaise: Blend mayonnaise, parsley and cumin. Refrigerate until needed.
2. Heat a large non-stick pan over medium-high heat. Cook bacon until crisp; reserve and keep warm.
3. For each sandwich, using about 2 teaspoons bacon drippings per egg, cook eggs until whites are set (completely coagulated and firm) and the yolks begin to thicken (no longer runny, but not hard). Or cook beaten eggs omelet-style, until firm throughout with no visible liquid remaining.
4. Assemble each sandwich: Spread each of 2 slices of toasted bread with 1 heaping tablespoon of mayonnaise mixture. Top one slice with 1 oz. ham, 1 oz. cheese, 1 egg, 2 slices bacon, 2 slices tomato, and 1 lettuce leaf. Top with remaining bread slice. Serve immediately.

* If using frozen or liquid whole product for omelet-style. Note: Do not let uncooked egg mixture remain at room temperature for longer than one hour (including preparation and service time).



SUNNY SHRIMP FRIED RICE

Yield: 12 Servings

Ingredients	Weight	Measure
Peanut oil	4 oz.	1/2 cup
Onion, finely chopped	12 oz.	2 medium
Garlic, minced	1 oz.	2 Tbsp.
Cooked white rice, cooled	2 lb.	----
Soy sauce	----	3 Tbsp.
Oyster sauce	4 oz.	1/2 cup
Jalapeno chilies, seeded and minced	4 oz.	4 small
Frozen peas	8 oz.	2 cups
Small cooked shrimp	1 lb. 8 oz.	----
Basil, chopped	1 oz.	1 cup
Cilantro, chopped	----	1/2 cup
Green onions, chopped	1 oz.	1 cup
Hard-cooked eggs, coarsely chopped	1 lb. 5 oz.*	12 large
Chives, chopped	----	2 Tbsp.
Freshly ground pepper	----	As needed

Method

1. Heat peanut oil in wok or deep, slope-sided non-stick pan. Stir in onion and garlic; stir-fry 2 minutes.
2. Stir in rice, soy sauce, and oyster sauce until well blended.
3. Stir in chilies, peas, and shrimp; stir-fry one minute. Remove from heat.
4. Add basil, cilantro, and green onions; stir-fry one minute. Remove from heat.
5. Portion 3/4 cup mixture into a serving bowl. Top with 1 chopped egg, 1/2 teaspoon chopped Chives, and ground pepper. Serve immediately.

* If using peeled, hard-cooked egg product.