

Grab Your Passport and Head to the Mediterranean

Today's customers have a taste for adventure! Patrons are eager to discover new flavors and experiment with international cuisines, such as the very popular Mediterranean. The flavors of the Mediterranean are versatile and varied with touches of Spain, Italy, and Greece being just a few of the countries that influence the dishes from this region. Fragrant spices, fresh seasonal vegetables, garlic, and olive oil are a sampling of ingredients that patrons will be looking for when they branch out to Mediterranean cuisine.

Whether it's breakfast, lunch, or dinner eggs can open up a world of menu opportunities. The flexibility of the egg, with its uses from morning to night, make it a great place to start when expanding your menu across the globe. Eggs and egg products have neutral flavors that can easily be used to create dozens of Mediterranean dishes. Eggs are also a low cost, high-quality protein that can add a world of flavors to your menu for just pennies a serving.

Why not increase traffic and entice hungry

Mediterranean Frittata

Ingredients	Weight	Measure
Fresh spinach	1 lb. 8 oz.	--
Boneless chicken breast	10 oz.	--
Olive oil	2 oz.	1-1/2 Tbsp.
Minced garlic	--	2 tsp.
Green onion, sliced	--	1/2 cup
Red bell pepper, finely diced	6 oz.	1 medium
Green bell pepper, finely diced	6 oz.	1 medium
Eggs, beaten	1 lb. 5 oz.*	12 large
Chicken broth	--	1/2 cup
Milk	--	1/2 cup
Cooked bacon pieces	3 oz.	1 cup
Goat cheese, crumbled	10 oz.	--
Salt and pepper	--	To taste

patrons by adding a Mediterranean Frittata (featured below) to your menu. Fresh spinach, minced garlic, and red and green peppers are just a sampling of the Mediterranean influences found in this egg-rich dish.

Italian influence can also be seen in many Mediterranean dishes. Adventurous patrons will be eager to try the featured recipe for Tuscan Eggs Benedict. For a twist on a traditional Benedict, a Red Pepper Hollandaise makes a colorful sauce that surrounds the potato/vegetable cakes, which are topped with prosciutto ham and poached eggs. The combination of unique flavors and colorful ingredients are a perfect complement to eggs.

Two farm fresh eggs and some international ingredients can give your menu a whole new flavor. Patrons demand variety with their menu options. Featuring Mediterranean cuisine and The Incredible Edible Egg,TM you can customize your menu to meet your customer's needs.

Yield: 12 Servings

Method

1. Heat oven to 375°F. Spray-coat half-size steamtable pan, 12x10x2-inches.
2. Wash spinach; add to large pan with 1/2 to 3/4 cup of water. Cook spinach until wilted; drain. Coarsely chop and reserve.
3. Cook chicken breasts in non-stick skillet. Cut into small chunks; reserve warm.
4. Add oil to another non-stick skillet; saute garlic, green onion, and bell pepper until soft.
5. Spread vegetable mixture evenly onto bottom of pan.
6. Blend eggs, chicken broth, and milk; pour over vegetables. Sprinkle on spinach, chicken, bacon, and goat cheese. Season to taste with salt and pepper. Bake until brown and center is firm and internal temperature is minimum of 160°F, about 50 to 60 minutes.
7. Cut pan 3 x 4 to serve. Serve immediately.

Note: Do not let uncooked egg mixture remain at room temperature for longer than one hour (including preparation and service time).

*If using frozen or liquid whole egg product.



Tuscan Eggs Benedict

Yield: 12 (2 Cake/2 Egg) Servings

Ingredients	Weight	Measure
Potato Cakes		
Asparagus tips, diagonally sliced	11 oz.	2-1/2 cups
Mushrooms, sliced	6 oz.	2 cups
Green onion, cut in 2-inch slices	1 oz.	1 cup
Red bell pepper, diced	4 oz.	1 cup
Olive oil	3 oz.	--
Salt	--	2 tsp.
Pepper	--	1/2 tsp.
Shredded potatoes	1 lb. 4 oz.	4 cups
Eggs, beaten	3.5 oz.*	2 large
Flour	1 oz.	1/4 cup
Asiago cheese, shredded	--	1 cup
Roasted garlic, chopped	--	2 tsp.
Thyme, chopped	--	1 Tbsp.
Basil, thinly sliced	--	1/2 cup
Tarragon, chopped	--	1 Tbsp.
Salt	--	2 tsp.
Pepper	--	1/2 tsp.
Vegetable oil	--	As needed
Red Pepper Hollandaise		
Prepared hollandaise sauce, kept warm	--	3 cups
Roasted red peppers, pureed	--	1/2 cup
Dijon mustard	--	1-1/2 tsp.
Hot pepper sauce	--	1/4 tsp.
Salt and white pepper	--	To taste
Fresh lemon juice	--	1/2 to 1 tsp.
Poached eggs,** kept warm	--	24 large
Thinly-sliced prosciutto ham	--	24 (1/2 oz.) slices
Thyme sprigs	--	12 each

Method

1. Heat oven to 375°F. Combine asparagus, mushrooms, green onion, and bell pepper in bowl. Toss with oil, salt, and pepper.
2. Place vegetables on spray-coated sheet pan. Bake 20 minutes until lightly roasted; cool slightly.
3. Combine potatoes, eggs, flour, cheese, garlic, thyme, basil, tarragon, salt, and pepper. Add roasted vegetables; mix.
4. Lightly oil grill or pan. Cook 1/3-cup portions of batter 3 to 5 minutes per side, until golden brown. Turn over and cook an additional 2 to 4 minutes, until fully cooked, golden brown, and internal temperature is a minimum of 160°F. Remove and hold warm.
5. Add red pepper puree, mustard, hot pepper sauce, white pepper, and salt to hollandaise. Blend well and heat thoroughly. Add lemon juice to taste; keep warm.
6. To serve, portion 2 potato cakes on a plate. Arrange a slice of ham and poached egg on each cake.
7. Ladle 1/4 cup sauce over each two-egg serving. Garnish with thyme sprigs. Serve immediately.

Note: Do not let uncooked egg mixture remain at room temperature for longer than one hour (including preparation and service time).

* If using frozen or liquid whole egg product.

** Poached eggs should be cooked until whites are set (completely coagulated and firm) and the yolks begin to thicken (no longer runny but not hard).

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