



Breakfast / Brunch

What can I say about breakfast? I've never been fond of it in general. Brunch, yeah, we're friends, but mostly because of the Mimosas! Oh, and the fruit, too, yes, I do love the fruit served at a brunch buffet.

I do not enjoy the heavy feeling a traditional American breakfast of eggs, bacon or sausage, hash browns, pancakes and toast with butter and/or jam; at least not when I am just getting up in the morning. I've always been a bagel, cream cheese and juice gal. Or, when I was a little girl, I enjoyed a great big bowl of Kellogg's Corn Pops eaten in our kitchen's breakfast nook with my Daddy. We would sit down and decimate an entire box; well, he'd have four bowls, I was lucky if I got two!

Occasionally, when on a healthy kick when I was in elementary or middle school, I would do Grape Nuts and yogurt with blue berries or strawberries. I stopped eating breakfast in high school for the most part; too busy sleeping in, then rushing to get ready and walk to school. While I was living in England at the beginning of college, I attempted the traditional English breakfast of a fried egg, baked beans, grilled tomato, sausage, bacon, and sautéed mushrooms with a cup of tea. Yeah, still do heavy, never mind the blood sausage and baked beans. Yes, baked beans with breakfast! Care if I share my flatulence with you much the rest of the day? Seriously, baked beans and eggs

– no joke! Talk about a recipe for disaster in my stomach and bowels. All I would have needed was coffee with the English breakfast instead of tea, and I would have been resigned to the loo for the remainder of the morning! I preferred scones, Devon clotted cream and strawberries, but was looked at askance because that was for tea time – “Oh, you silly girl from the Colonies!”

Anyway, I eventually learned how to cook a variety of breakfast dishes for my friends who inevitably crashed on my couch after one of my infamous parties in college or my years in Humboldt County in the late 1990's. Here's what I have come up with, and have kind of made these dishes my own, even though some are clearly “standards”.

Bacon Cinnamon Rolls

I dedicate this recipe to my daughter, Michelle, who would have me put bacon on everything under the sun if I could.



Preparation Time: 40 minutes
10 servings

The Quick Version:
2 containers of Pillsbury Grands! Cinnamon Rolls with icing
1 pound thick cut bacon

Preheat the oven per cinnamon roll baking instructions. Remove rolls from package, and unroll until the unrolled part is an inch or so longer than a strip of bacon. Place the thick cut strip of bacon an inch in from the outermost end of the cinnamon roll. Reroll the cinnamon roll as tightly as you can, retaining as much of the cinnamon mixture as possible. If any falls out, scrape it up off the cutting board and smear it on top of the rolls. Normally, there are two strips of bacon left in the pound. Set these aside for now.

Place rolls on a pizza stone nestled together and bake per the instruction on the package, about 29 minutes.

Now is time for the two pieces of bacon you set aside. Fry them in a frying pan until they are firm and yet bendable still, not crunchy like bacon bits. Do not burn the bacon! Take out of pan and place on paper towel to remove excess grease. Set aside.

Remove cinnamon rolls from oven and let rest of about three minutes. While the rolls are resting, chop the excess bacon you cooked into tiny bits and put in a bowl. Scoop the icing from the containers and put in the bowl of bacon. Thoroughly mix the icing and the bacon, and then smear icing on semi-cooled rolls. Serve immediately.

You can make cinnamon rolls from scratch if you want to, but I am not interested in doing that first thing in the morning on the weekend; which is when I usually make these.

Bananas á la Alison

2 ripe but firm bananas
2 tablespoons butter
Vanilla yogurt – like Yoplait – nice & thick
Granola bar
½ teaspoon cinnamon

1 teaspoon brown sugar

Take your favorite dry granola bar (not chewy) and put it in a Ziploc or paper bag. Smash it into crumbly bits. Set aside for now.

Slice bananas into coins three times the thickness of quarters.

In a frying pan, place the butter, cinnamon and brown sugar on a low heat until the butter is melted but not bubbling. Add the bananas and granola to the butter mixture, raise the heat to medium under the pan and toss together while cooking. Cook until the bananas and granola look a bit fried and the butter mixture is absorbed by the bananas and granola. The time this takes will vary due to the size of the chunks of our granola. When you feel it is done, place in a bowl and spoon over your vanilla yogurt. Enjoy!

Variation: Add golden raisins while cooking the bananas, or whatever semi-sweet dried fruit you like.

Basic Strata

Strata are great dishes for utilizing aging bread. My husband doesn't like the heels or ends of bread, although I do more than he does. I tend to save them in a Ziploc bag in the freezer and when I have a dozen slices, it's strata time!

Prep Time: 15 minutes
Cooking Time: 55 minutes
Oven Temperature: 350°

12 slices of bread (any variety)
8 eggs
2 cups of milk
½ package powdered Ranch Dressing
1 tablespoon granulated garlic
1 tablespoon Italian seasoning

8 oz shredded Colby cheese
2 cups sliced mushrooms
2 cups cubed cooked chicken or turkey

Cooking spray, margarine, or butter

Coat a casserole pan with cooking spray, margarine or butter. Butter one side of six pieces of bread and place butter side down in pan, set aside. In a large bowl crack eggs and scramble, and then add milk, Ranch and garlic, mix then set aside. Sprinkle 1/3 of the cheese on the sliced bread in the casserole dish. Next, layer the mushrooms and cubed chicken on top of the sprinkled shredded cheese, and then cover with 1/3 more shredded cheese. Cover this layer with the remaining six slices of bread. Pour egg mixture evenly over the top of the layers in the casserole dish, wait five minutes. While waiting for the mixture to soak, sprinkle the remaining cheese on top. On top of the cheese, sprinkle the Italian seasoning for a green-flecked appearance on top. Place in preheated for 55 minutes.



My family likes strata warm or cold and with a variety of different fillings & toppings:

- ❑ Italian sausage, stewed tomatoes, & mozzarella
- ❑ Diced ham, mushrooms, and cheddar

- ❑ Tuna, green beans or peas, and Cheddar/Monterey Jack Mix
- ❑ Crab, asparagus, and Swiss

Toppings like sour cream, guacamole, salsa, and even mustard have each taken their turn on top of the brunch time strata. The variety with this list is only limited by your imagination.

Tater Tot Breakfast Pie

Preparation Time: 45 minutes
2 servings

3 cups thawed tater tots
1 beaten egg
2 tablespoons butter melted
1 can cream of chicken soup
¼ cup sour cream
3 tablespoons sliced green onion
½ teaspoon Italian seasoning
½ teaspoon Grey Poupon Dijon mustard
¾ cup cooked chicken or turkey
¼ cup fine dry breadcrumbs
2 tablespoons butter
4 eggs

Preheat the oven to 400°. Combine tater tots, egg and melted butter. Mix well. Grease 2 individual sized pie pans, press tater tot mixture into bottom and around sides to make a crust. Bake for 20-25 minutes or until lightly browned at the edges.

Meanwhile, stir together condensed soup, sour cream, green onion, Italian seasoning and mustard. Mix well. Combine meat, breadcrumbs, and butter. Toss to mix. Break two eggs into each crust. Spoon the soup mixture evenly around the yolks in each dish. Sprinkle the meat mixture evenly over the dishes. Return to oven and bake 20 minutes. Let stand 5 minutes before serving.

Eggs Benedict



Preparation Time: 25 minutes
4 Servings

8 eggs
8 slices Canadian bacon
4 English muffins, split
1 tablespoon water
parsley
1/8 teaspoon Worcestershire sauce
1 teaspoon distilled white vinegar
4 egg yolks
1 pinch ground white pepper
1/4 teaspoon salt
3 1/2 teaspoons lemon juice
1 cup butter, melted and hot
2 tablespoons butter, softened

Preheat oven on broiler setting. Poach eggs: Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook for 2 1/2 to 3 minutes. Yolks should still be soft in center. Remove eggs from water with a slotted spoon and set on a warm plate.

While eggs are poaching, brown the bacon in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler.

Prepare Hollandaise sauce: Fill the bottom of a double boiler part-way with water.

Make sure the water does not touch the top pan. Bring water to a gentle simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water. Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly. If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all the butter is incorporated. Whisk in salt, then remove from heat. Place a lid on pan to keep sauce warm.

Recommendation: If you don't trust yourself and don't want to mess up breakfast for others – purchase the Hollandaise sauce in a powder packet and keep that in your cupboard. Practice making your own sauce when you aren't serving this to anyone but yourself.

Place 2 toasted muffin halves on each plate, spread with melted butter. Cover each with a slice of meat. Place drained eggs on bacon-topped muffin half, and spoon hollandaise sauce over each egg. Sprinkle with parsley, especially when serving to impress, which this meal can certainly do if done right! Serve hot.

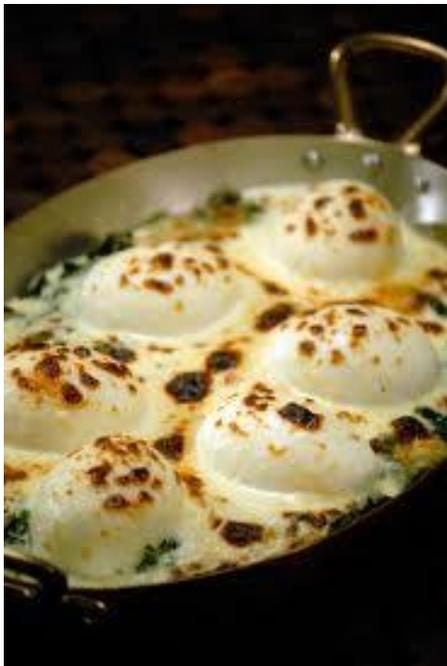
Eggs Florentine

1 bunch of boiled spinach
1 lump of butter
2 eggs per person on average
Grated cheese

Chop the fresh spinach and drop it in a pot of fast boiling water. The spinach will boil quickly, so watch it and pull it out fast. This is more like par boiling or blanching than true boiling. Strain the spinach and place it in a Pyrex or earthenware dish with the lump of butter. The heat of the spinach should

melt the butter. Toss around until the spinach is coated and butter melted.

Prepare eggs various styles that don't overcook or break the yoke such as: Poached eggs, sunny side up eggs; or over easy eggs; Salt and pepper the eggs to taste. Honestly, poaching is the best for this recipe if you can poach eggs.



Place eggs on top of spinach in the dish. Sprinkle with grated or shredded cheese. You can even make a cream sauce if you'd like. The variety of cheese you use or cream sauce is up to you. Pick something that appeals to your taste buds, or what I did in college, whatever was on hand at the time.

Put broiler on high and place dish in the broiler. It shouldn't take more than a minute or two to get the cheese melted with some brown or golden spots. Remove from broiler and serve with toasted sourdough bread and butter.

Egg Salad á la Alison

2 eggs per person

1 ½ tablespoons mayonnaise per person

1 teaspoon mustard (I prefer Gulden's)

¼ cup of red onion, diced

Tomato, sliced

Green leaf lettuce

Toasted sourdough or bagel

Hard boil the eggs, cool, then peel, and place in a mixing bowl with mayonnaise, mustard, and diced onion. Mix thoroughly chopping up the eggs with your spoon or fork, keeping them chunky, but coated with the mix. Salt and pepper to taste, or use paprika for some zing!

Toast bread or bagel, stack on lettuce and tomato, then spoon on the egg mixture. Viola! An egg salad sandwich a la Alison; I enjoy mine with a pickle spear on the side, and sliced strawberries.

Egg Taco

Single serving listed – expand for serving others:

½ cup of Egg Beaters

¼ cup Yves Meatless Ground

1 tomato, diced

2 white corn tortillas

Black pepper or spices to taste

Non-stick spray

Optional toppings: sour cream, tofu spread, or Greek yogurt spread, and/or guacamole.

Spray a frying pan with non-stick spray generously and toss in the tortillas. Cook on both sides over a high heat until they start to brown lightly and become flexible without breaking.

Remove tortillas to a paper towel, lower heat to moderate and pour remaining ingredients into a pan. Scramble until eggs reach their desired consistency and hardness. Spoon egg

mixture onto the prepared tortillas, and top with optional toppings.

This is a power protein breakfast great for starting a day when you need the most brain power possible, but not the heavy breakfast feeling; thus, using Yves Meatless Ground instead of ground sausage or beef.

French Toast á la Alison

Prep Time: 10 minutes

Cooking Time: 10 minutes

3 or 4 slices of Texas Toast per person

1 large egg per 2 slices
of bread used

2 tablespoons cinnamon

3 teaspoons pumpkin
pie spice

1-teaspoon cardamom

1 teaspoon vanilla extract

Brown sugar

Powdered sugar (optional)

Plenty of sweetened butter



In a flattened 2-inch deep baking dish, combine eggs and spices, scramble. Place Texas Toast one at a time into the baking dish and covering them with the egg and spice mixture. In a frying pan, liberally apply butter and turn the heat to medium brining the butter to a sizzle. Gently place one piece of the egg soaked Texas Toast into the pan. Let it cook until it is browned on that side then flip. Place a dollop of butter on the up side of the toast and sprinkle very lightly with brown sugar. I tend to flip my toast so that it has cooked on each side twice, giving it a nice brown look until the butter and brown sugar has melted and slightly caramelized. Repeat this process, stacking the toast on a plate and sprinkling each piece with powdered sugar. Serve warm with the lightest color real maple syrup you can find.

German-Apple Pancake



1 to 2 servings

3 tablespoons butter, divided

3 eggs

½ cup milk

¼ cup all-purpose flour

3 tablespoons sugar, divided

½ teaspoon salt

1 large cooking apple, peeled, cored and
sliced

¼ teaspoon cinnamon

Preheat oven to 450°. In oven, melt 1 tablespoon butter in 9-inch pie plate. Tilt plate so butter completely covers bottom. Set aside. Beat eggs, milk, flour, 1 tablespoon sugar and salt until smooth. Pour into hot pie plate; bake for 8 minutes. Reduce heat to 375°. Bake until golden brown and sides are puffy, about 8 minutes longer. Meanwhile, in saucepan, combine apple slices, remaining butter and sugar and cinnamon. Cook over low heat, stirring until tender, about 10 minutes. Spoon apple mixture over hot pancake. Serve immediately. Makes 1 to 2 servings.

Old Timey Pancakes

Preparation Time: 15 minutes

2 Servings

3-tablespoons melted butter

¾ cup buttermilk

1 egg

2-tablespoons sugar

1-teaspoon baking powder

1 ½ teaspoons baking soda

½ teaspoon salt



Melt butter in a bowl for approximately 30 seconds in microwave, set aside to cool. In a small bowl, combine buttermilk and egg. If you don't have buttermilk, you can substitute regular milk, however the pancakes won't be quite as rich in flavor.

In a larger bowl, combine flour, sugar, baking powder, baking soda and salt. Stir the buttermilk mixture into the flour mixture until well mixed. Stir in melted butter. The mixture should be lumpy.

Lightly oil a large skillet. Heat over medium high heat until a drop of water will dance across the surface. Cook pancakes until several bubble burst on the top and the bottom is light brown.

Turn and cook the other side 1 or 2 minutes or until browned. Serve with maple or fruit syrup.

Scalloped Eggs with Ham

2 cups ham, chopped fine

4 hard-boiled eggs (Yay, Easter Eggs!)

1 cup cream sauce

2 cups bread crumbs

2 tablespoons milk

Cut eggs into slices; cover bottom of greased baking dish with 1/3 of bread

crumbs; then add in layers: eggs, ham, cream sauce and crumbs, having crumbs for top layer. Add milk and bake in moderate oven about 20 minutes.

Cream sauce: ¾ cup heavy cream, 2 tablespoon butter, ½ teaspoon salt, 2 tablespoons chopped Italian parsley, 1/3 cup grated parmigiano-reggiano cheese.

In an 8-inch skillet, combine ¾ cup heavy cream, 2 tablespoons butter and ½ teaspoon salt over medium-high heat. Bring to simmer and cook, stirring, until thick enough to coat a spoon, nearly 4 minutes. Stir in 2 tablespoons chopped Italian parsley and remove from heat. Add 1/3 cup grated parmigiano-reggiano cheese.

Potatoes - Country Breakfast Style

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves 6

5 medium russet potatoes

1 large onion

3 slices turkey bacon

1 can peeled and diced tomatoes

2 cups sharp cheddar cheese, shredded

2-tablespoons Italian Seasoning

black pepper, to taste

salt, to taste

extra-virgin olive oil

In a large wok or skillet, fry bacon over a medium heat until crisp.

While bacon cooks, scrub potatoes in warm running water, then cube into sugar cube size chunks. *Recommendation: if you made mashed potatoes the night before, be sure to wash enough potatoes for breakfast and set them aside. You'll save time in the morning when you are groggy and trying to make breakfast.*

After bacon is cooked, remove bacon and set aside on a paper towel reserving drippings in pan. Add cubed potatoes to bacon drippings and fry over a medium heat for 15 minutes or so, until they brown on all sides.

While potatoes are cooking, slice and dice onions to small bits. Add the onions to the potatoes and oil. When potatoes are nearly done, add bacon, seasonings, and tomatoes, continue to stir fry. When potatoes are finally done, turn off the heat, and toss in the cheese. Cover with a lid and let the melting happen.

Serve with fresh fruit like strawberries, pineapple and cantaloupe to help lighten the fairly heavy potatoes. This is a stick to your ribs breakfast, perfect for a morning after a night of heavy partying.

Smoked Salmon Bagels aka Bagels & Lox

Preparation Time: 15 minutes
4 Servings

4 to 8 fresh bagels
1 lb smoked salmon (Lox)
1 medium red (Bermuda) onion
2 large tomatoes
2 hard-boiled eggs
1 lb soft cream cheese
Capers
Optional: Dill Mustard or Sliced Cucumber

This is such a simple breakfast. It has to be my all-time favorite. The best Smoked Salmon Bagel I have ever had was at the New York, New York Hotel and Casino in Las Vegas, NV. I had the great fortune of traveling with my boss Arla, and neither one of us being inclined to hop down stairs to the loud casino for breakfast, ordered the Smoked Salmon Bagel for breakfast through room service. We both hummed and

chomped on this little delight and started the day off right...that is until we got to the training session for which we were in town. HA!

The best bagel I have ever had was from a Jewish bakery & deli on South Robertson Blvd. and Hargis in Los Angeles, a block or so northeasterly from Hamilton High School. I think it was called Fred's bakery & deli. It used to be across from a wonderful down home barbeque joint called Sweet Potato Pie Man. We lived on Hargis and my Daddy and I would walk there on Sunday's for bagels and cream cheese, with the occasional lox or chocolate chip stick. They were awesome. Sadly the Jewish bakery & deli are long gone as is the barbeque joint. The second best was from the Bagel Factory, a whole in the wall joint on the corner of National Blvd. and S. Sepulveda, again in Los Angeles, sharing a parking lot with Vons. Now that the Jewish deli is gone, if I'm in LA, I'm getting bagels from this place, who has been lovingly making the best bagels on site – hence the name Bagel Factory - for my entire lifetime at the very least. What's funny is that this was the original store, and they were SO good they branched out into a chain the last twenty-five or so years. Now you can find at least three in Los Angeles and another perhaps still in Torrance in So Cal. The best non-chain bagel joint outside of Los Angeles and on the West Coast, has got to be Los Bagels in Humboldt County; both their Eureka and Arcata locations are always packed with very eager customers because they absolutely rock! The best chain bagel has to be Panera Bread's bagel. You name the flavor and style and they will kick Noah's Bagels up and down the block and back again.

Start with the ripest tomatoes and the healthiest looking onion you can. Slice the onion paper-thin. I like my onion chunky

and thick, but for most normal people with the average liking of onions, paper-thin will allow them to pile it on, or dust this wonderful dish as they like.

Slice the tomatoes with thick slices. Don't be timid! The choice is yours when it comes to hard-boiled eggs. Leave them off, slice them, crumb them...it is up to individual choice.

Be sure to toast your bagel. Then spread on the soft cream cheese thickly, cover the hole in the middle even! I recommend that you take the cream cheese out and let it warm to a little colder than room temperature while you are cutting the tomatoes and onions and boiling the eggs.

Then, layer on the salmon, tomato, onion, capers, and eggs. I enjoy thinly sliced English cucumber on this as well as mustard of some kind.



Larrupin's Restaurant in Trinidad, California makes a Dill Mustard Dipping sauce that is perfect for this wonderful brunch delight. Try different types of cream cheese if you want to spice things up a bit. Roasted red pepper or onion & chive are good choices. Just stay on the savory side when you do choose a spread, anything too sweet detracts from the salmon to my taste buds.

This dish goes great with juice. I especially enjoy cranberry juice, I know others eat this with V-8 or a Bloody Mary. In addition, a bowl of fresh fruit rounds out this wonderfully filling but 'light' breakfast. Bagels and lox have to be the perfect comfort food for breakfast, brunch, or any time in my book!

Amazing smoked salmon and Larrupin's Sauces are available online from Katy's Smokehouse (for a mere \$4.99 per jar) under canned products at:

<http://www.katyssmokehouse.com>

or by contacting

Katy's Smokehouse

740 Edwards Street
Trinidad, CA 95570

Phone: (707) 677-0151

Fax: (707) 677-9328

Mail: PO Box 621, Trinidad, CA 95570

Email: service@katyssmokehouse.com

Katy's website also has wonderful recipes using her amazing smoked salmon. Definitely check it out!

Larrupin's sauces are also available at Los Bagels, as are unique jams and jellies like Perta's jalepeno jam. Check it out at:

<http://www.losbagels.com>

Look under the link labeled, T-shirts, mugs and etc. Or type Larrupin sauce in a Google search.

Magic Mini-Quiches

Prep Time: 15 minutes

Cook Time: 30 – 35 minutes

Quiche is great for using left over bacon, seafood or other meat; even left over pizza believe it or not! Yes, I have used the toppings off of the previous night's pizza to make quiche. Nobody knew or cared when they tasted it! That's the "magic" part of this recipe. ☺

Quiche Lorraine version:

6 strips of crisply cooked bacon

1 or 2 - 9 inch frozen pie shell

3 large eggs

1 cup of cream

Butter

Salt, freshly ground pepper and nutmeg

Needed: muffin pans, circular cookie cutters

Preheat oven to 375°F. Butter muffin pans thoroughly. Using a cookie cutter larger than the muffin cup size, cut out the pie dough; I make sure to use a cookie cutter that is larger in circumference than my muffins by as much as the muffins are deep. If you don't have a cookie cutter, I recommend a pint glass or a coffee mug. Both have a good circumference and are solid and easy to use. Ease the dough into the muffin pan cups pressing the dough lightly so it is flat into the bottom and sides. Break bacon into pieces and strew in shells. Blend the eggs with enough cream to 1 ½ cups of custard, and blend in seasonings to taste. Pour into shell leaving a tiny bit of shell exposed – don't overfill.

Bake 30 to 35 minutes, or until puffed and browned. Unmold and place on cooling rack. Serve warm or at room temperature.



Here is what a full size Quiche Lorraine looks like.



Spinach Tomato Quiche:

Using the same recipe as the Quiche Lorraine, omit the bacon.

Added ingredients:

Chopped spinach

Cherry tomatoes

Swiss cheese

Make the other quiche recipe as directed. Instead of sprinkling bacon, sprinkle some Swiss cheese. I've cut up slices into long strips or diced them to do this. Do the same with spinach; great for using left over spinach salads. Chop the spinach into fine pieces and sprinkle over the cheese. Pour in the egg mixture. Cut a cherry tomato in half and place the cut side up in the center of

each mini-quiche, then sprinkle some more Swiss cheese.

Bake as directed in other recipe.



Quiche is an amazing dish, and SUPER easy to make. Here are some other combinations:

- Broccoli, cheddar and bacon
- Italian sausage, tomato and parmesan
- Pepperoni and mozzarella
- Onion and sausage
- Mushrooms and cheese
- Shrimp, bacon, and cheese!

7up Biscuits and Sausage Gravy

Prep time: 10 minutes

Cooking time: 15 minutes

- 4 cups Bisquick
- 1 cup sour cream
- 1 cup 7up or Sprite (small can)
- ½ cup melted butter

Preheat oven to 425° F. While oven is heating, do the following.

Mix Bisquick, sour cream, and 7 up. The dough will be very soft – don't worry. Knead and fold dough until coated with your baking mix. Pat dough out and cut biscuits using a round biscuit cutter / cookie cutter or pint glass.

Melt butter in bottom of a 9 x 13 casserole dish or baking pan. Place biscuits on top of melted butter and bake 12-15 minutes until brownish.

Gravy:

1 lb. sausage – preferably breakfast variety but any kind will do – even hot and spicy.

1 can of milk – yes, I mean a can of milk like you can keep in the cabinet

Cornstarch

While the biscuits are baking, cook the sausage in a frying pan. When cooked remove the sausage from the pan and set aside for now. Pour the milk into the used sausage frying pan. This is where you are doing a poor man's deglazing technique. Over a moderate heat and using a wooden spoon scrape up all the nicely cooked bits from the side of the pan – that's where the flavor truly is from in gravy. Sprinkle cornstarch a little at a time not letting it clump. Do this until you have achieved the thickness you want for gravy. Put the sausage back into the gravy and cook slowly until the gravy is as thick as you want. Be vigilant and stir constantly so it does not stick or burn. Remove from heat.

Biscuits should be done. Plate them, about two per plate. Then, pour sausage and gravy mixture over the biscuits.

This is again, another morning after breakfast using whatever was left in the pantry and refrigerator. Great with strong coffee, a Red Bull, or a Bloody Mary!