



STEINWAY & SONS

NORTH TEXAS • HOUSTON

## COOKING RECIPES FROM TEACHER APPRECIATION BREAKFAST

### Shrimp Cheese Grits

4 cups water  
Salt & pepper to taste  
1 cup Quaker Quick Grits (not Instant)  
3 tbsp. butter  
2 cups shredded sharp cheddar cheese  
1 lb. medium shrimp, peeled and deveined  
6 slices bacon, chopped (I use applewood smoked bacon)  
4 tsp. lemon juice  
1 4-oz. can green chiles, chopped  
2 tbsp. Italian parsley, chopped  
1 cup green onions, finely sliced  
1-2 cloves garlic, minced

Bring water to a boil. Add salt and pepper. Add grits and cook until water is absorbed and grits have thickened - 5-7 minutes, stirring occasionally. Remove from heat. Mix in butter and cheese.

Saute the bacon in large skillet until browned. Remove bacon with a slotted spoon and drain on paper towels. In the bacon grease, add shrimp and cook until pink. Add lemon juice, bacon, parsley, chiles, green onions and garlic. Saute 5-6 minutes. Combine grits and shrimp mixture. Serve immediately.

Note: May be refrigerated overnight before serving. Remove from the refrigerator and let it set at room temperature 2 hours prior to placing in the oven. Preheat oven to 350 degrees. Bake for 30-45 minutes, stirring once, until bubbly.

## Italian Sausage Quiche

1 frozen deep-dish pie crust, blind-baked per instructions on package  
8 oz. (approximately 1 cup cooked) Italian sausage (I use half hot sausage and half mild)  
½ cup onion, diced  
¼ cup red bell pepper, diced  
¼ cup green bell pepper, diced  
1-2 cloves garlic, minced  
1 large egg  
7 large egg yolks  
1 cup milk  
1 cup heavy cream  
½ tsp. hot pepper sauce  
½ tsp. salt  
¼ tsp. black pepper  
1 ¼ cups grated cheddar cheese (I use ½ sharp, ½ mild)

Prepare pie crust according to package for pre-baked crust.

In a large skillet, cook the sausage over medium heat, stirring to break up the meat, about 7-9 minutes. Remove with a slotted spoon and drain on paper towels. Drain off all but 1 tbsp. of the fat. Add the onions and bell peppers and cook for 5-7 minutes. Add the garlic and cook for 2 minutes. Remove from heat and let cool.

In a bowl, whisk the egg and the egg yolks. Add the milk and the cream and stir well. Add the hot sauce, salt and pepper and whisk 2-3 minutes.

Preheat oven to 325 degrees. Put the blind-baked crust on a rimmed baking sheet and scatter the sausage, onion mixture and cheese over the bottom, being sure they are evenly distributed. Whisk the egg mixture once more and slowly pour it into the crust.

Cover the edge of the crust with a pie shield or a ring of foil to keep it from browning too much. Carefully transfer the quiche on the baking sheet to the oven and bake until the custard feels set to the touch in the center, 45 to 55 minutes. It should be golden-brown and slightly puffed and should not slosh when you jiggle it.

Let cool on a rack for at least 45 minutes, then slice and serve warm or at room temperature. Or, for the best-looking slices, cool the quiche completely, then refrigerate, slice when cold, and reheat.

The quiche can be made up to 2 days ahead. Reheat in a 350 degree oven, edge covered with a pie shield, until warmed through, 20-25 minutes.

## Almond Yogurt Delight

4 cups plain yogurt (may use low-fat yogurt)  
¼ cup good honey  
1 ½ tsp. pure vanilla extract  
2 tsp. grated orange zest  
½ to 1 cup peach or apricot nectar  
⅓ cup sliced almonds, toasted  
½ pint fresh raspberries  
½ pint fresh blackberries  
½ pint fresh blueberries  
1 cup fresh strawberries, sliced

Line a sieve with cheesecloth or paper towels and suspend it over a bowl. Pour the yogurt into the sieve and allow it to drain, refrigerated, for 3 hours or overnight.

Place the thickened yogurt into a medium bowl and add honey, vanilla, and orange zest. Mix well. Thin with the peach nectar until it is the desired consistency. Add the almonds (reserving 2 tbsp. for garnish).

Add the berries (reserving a few of each for garnish) and stir gently. Garnish the top with the almonds and berries.

May be served with granola. (Do not mix the granola with the yogurt before serving, it will get soggy. Instead, place a bowl of granola next to the yogurt and let guests serve themselves.)

## Chocolate Praline Parfait

1 cup chocolate wafer crumbs (I use Oreo Cookie pie crusts.)  
¼ cup butter  
30 caramels (If using caramels from Central Market bulk food section, only use 20 caramels)  
½ cup caramel sauce  
½ cup heavy whipping cream (divided)  
2 cups pecans, lightly toasted  
¾ cup semi-sweet chocolate pieces  
¼ tsp. milk

Melt butter in a medium bowl. Add the chocolate wafer crumbs and mix thoroughly. Firmly pat 1 tbsp. of the mixture into the dessert dish (may need more or less, depending on size of dish).

In a saucepan, melt the caramels and caramel sauce over low heat, stirring often until completely melted. Stir in ¼ cup whipping cream. Remove from heat. Add pecans and mix well. Spoon pecan mixture into dessert dishes until ¾ full. Chill for at least an hour.

In a saucepan or microwavable bowl, melt the chocolate and milk. Stir in the remaining ¼ cup whipping cream. Drizzle over pecan mixture.

Note: These can be made up to 2 days ahead and refrigerated. Assemble the dishes as directed above but do not drizzle the chocolate sauce over the pecans. Cover the dessert dishes with plastic wrap and refrigerate. Store the chocolate sauce in a small bowl covered with plastic wrap and refrigerate. Take out of the refrigerator one hour prior to serving. Warm the chocolate sauce in the microwave 10-20 seconds and drizzle over pecan mixture.

(I put the chocolate sauce in a gallon-size baggie, twist the baggie in the middle and secure it with a rubber band, similar to a baker's piping bag. When ready to serve, I warm the sauce in the microwave for about 10-20 seconds, snip a corner off the baggie and drizzle the chocolate sauce.)