

Ceramic Egg Cooker Recipes

Courtesy of Your Pampered Chef Consultant, Jen Haugen: 507-438-7109



The Ceramic Egg Cooker is great for making omelets, poached eggs, oatmeal, heating up leftovers, soups, pasta dishes, and more! It's also great to use as a mug for coffee, tea and hot chocolate!

Keep this booklet handy for breakfast ideas and fast, tasty treats!



BLUEBERRY LEMON MICROWAVE MUFFIN

- 1 tbsp (15 mL) butter**
- 1 egg yolk**
- 1 tbsp (15 mL) milk**
- ½ tsp (2 mL) vanilla extract**
- 3 tbsp (45 mL) flour**
- 2 tbsp (30 mL) sugar**
- ¼ tsp (1 mL) baking powder**
- 2 tbsp (30 mL) fresh or frozen blueberries**
- 1 tsp (5 mL) lemon zest**

Place the butter in the Ceramic Egg Cooker and microwave, uncovered, on HIGH for 15–30 seconds, or until melted.

Add the egg yolk, milk, and vanilla extract and stir to combine.

Next add the flour, sugar, and baking powder and mix until the ingredients are incorporated. Fold in the blueberries and lemon zest.

Microwave, uncovered, on HIGH for 1 minute or until the top of the muffin springs back when touched. If underdone, microwave for additional intervals of 15 seconds. Eat the muffin directly from the cooker, or run the releasing end of the Cake Tester & Releaser around the outer edges and invert onto a plate.

Cook's Tips:

Replacing the egg yolk with 1½ tbsp (22 mL) egg substitute reduces the fat to 6 g and the cholesterol to 15 mg.

Reserve the egg white to make a light, fluffy omelet in the Ceramic Egg Cooker.

To make an Orange Chia Microwave Muffin, substitute the blueberries and lemon zest with 1 tbsp (15 mL) of chia seeds and 1 tsp (5 mL) of orange zest.



OATMEAL WITH BANANA

½ large ripe banana

½ cup (125 mL) milk or non-dairy milk

½ cup (125 mL) quick oats

⅛ tsp (0.5 mL) salt

Fresh blueberries, dried cranberries, dark chocolate morsels, or chopped nuts (optional)

Mash the banana in the bottom of the Ceramic Egg Cooker using the Mix 'N Chunk.

Add the remaining ingredients and stir to combine.

Microwave, uncovered, on HIGH for 1½ minutes, stir and then microwave for 10 second intervals until the oatmeal is cooked through. Stir in the additional toppings, if desired.

Cook's Tips:

This style of oatmeal will be thicker. Add additional milk after cooking to desired consistency.

As an alternative to mashed bananas, try this recipe with ½ cup (125 mL) applesauce.



CHOCOLATE MUG CAKE

¼ cup (50 mL) dark chocolate morsels

1 tbsp (15 mL) milk

½ tbsp (7 mL) unsweetened cocoa powder

1 egg yolk

Fresh berries, powdered sugar, or whipped cream (optional)

Combine the chocolate morsels and milk in the Ceramic Egg Cooker. Microwave, uncovered, on HIGH for 30 seconds or until the chocolate is almost melted. Stir until smooth.

Add the cocoa powder and egg and stir to combine.

Microwave, uncovered, on HIGH for 45 seconds. If the top is still wet, continue to microwave in 10 second intervals until the top is no longer wet.

Allow the cake to cool for 1 minute. Add optional toppings and enjoy directly from the cooker.



MICROWAVE OMELET

- 2 eggs
- 2 tbsp (30 mL) milk or water
- $\frac{1}{8}$ tsp (0.5 mL) salt
- $\frac{1}{4}$ cup (50 mL) of your favorite stir-ins (see Cook's Tip)
- 1 tbsp (15 mL) grated cheese of your choice

Place the eggs, water, and salt in the Ceramic Egg Cooker. Top with the lid and cover the vent hole with a finger and shake ten times to combine.

Stir in the remaining ingredients.

Cover and microwave on HIGH for 1 minute and then stir around the edges and bottom of the cooker. Continue to cook in 20 second intervals until the eggs are cooked through on the sides and bottom. Either eat directly from the cooker or run the releasing end of the Cake Tester & Releaser around the outer edges and invert onto a plate.

Cook's Tips:

It's best to use leftover vegetables or meats that are pre-cooked, such as bell peppers, onions, broccoli, bacon, or sausage. Quick cooking vegetables, like green onions or baby spinach, can be added raw.



3 MINUTE FRENCH TOAST

2 slices white bread

¼ cup milk

1 egg

1 tsp sugar

¼ tsp ground cinnamon

¼ tsp vanilla extract

Spread a small amount of butter in the egg cooker. Beat together the egg and seasonings. Dice bread into small cubes and add to egg mixture.

Microwave for 1 ½ to 2 minutes, or until cooked through.



BREAKFAST TACO ROLL-UPS

SOUTHWEST

3 eggs
 1 tsp (5 mL) Southwestern Seasoning Mix
 3 oz (90 g) reduced-fat sharp cheddar cheese ($\frac{2}{3}$ cup/150 mL grated)
 1 link (3 oz/90 g) fully cooked jalapeño chicken sausage
 2 tbsp (30 mL) canned diced green chilies
 $\frac{1}{4}$ cup (50 mL) reduced-sodium black beans, drained and rinsed
 Optional toppings: Chopped cilantro, fresh lime, shredded cheese, sour cream, salsa, or guacamole
 14 fajita-sized (6"–8"/16–20 cm) flour tortillas

BROCCOLI-CHEDDAR

3 eggs
 1 tsp (5 mL) Italian Seasoning Mix
 3 oz (90 g) reduced-fat sharp cheddar cheese ($\frac{2}{3}$ cup/150 mL grated)
 1 link (3 oz/90 g) fully cooked apple & Gouda chicken sausage
 1 cup (250 mL) fresh broccoli florets
 Optional toppings: Chopped parsley or shredded cheese
 14 fajita-sized (6"–8"/16–20 cm) flour tortillas

Preheat the oven to 400°F (200°C). Spray the Large Bar Pan with oil using the Kitchen Spritzer.

Crack the eggs into the Ceramic Egg Cooker. Add the seasoning mix. Cover and shake to combine. Microwave, covered, on HIGH for 1 minute and 10 seconds and stir. If the eggs are still runny, continue to microwave for 20-second intervals, stirring after each interval, until the eggs are cooked through. Grate the cheese with the Microplane® Adjustable Coarse Grater over the Classic Batter Bowl. Cut the chicken sausage into three pieces. Place the sausage pieces in the Manual Food Processor and process until finely chopped. Add the remaining filling ingredients and cooked eggs and process until finely chopped. Carefully remove the blade and transfer the mixture to the batter bowl. Add the mix-ins.

Wrap the tortillas in a damp paper towel and microwave for 30 seconds, or until warmed.

To create the roll-ups, arrange the tortillas on a large cutting board or a Pastry Mat. Use the Small Scoop to place two scoops of filling along the bottom of the tortilla. Tightly roll the tortilla around the filling. Repeat with remaining tortillas and filling. Place the roll-ups, seam-side down, on the pan and spray the tops with oil. Bake for 8–10 minutes, or until the edges are light golden brown. Serve with optional toppings.

Cook's Tips:

These taco roll-ups make an easy grab-and-go breakfast. Freeze the cooled, baked roll-ups in an airtight container or resealable plastic bag for up to a month. Microwave the frozen roll-ups on HIGH for 45–60 seconds, or until the centers reach 165°F (74°C).

CHOCOLATE MICROWAVE MUG CAKE MIX

For the Master Mix:

1 box chocolate cake mix

1 package chocolate instant pudding mix

Empty both packages into a gallon Ziploc bag. Seal carefully and gently knead the bag to fully combine the two. Store in a cool dry place.

To make one serving:

Whisk together 1 egg, 1 tablespoon water and 1 tablespoon vegetable oil in Egg Cooker. Add ½ cup of Master Mix and stir with fork. Place lid on top and microwave on high for 60 seconds. Cake will look a little wet! Flip out onto plate, cover in frosting, if desired, and enjoy!

PEACH COBBLER MUG CAKE

Place 1 tablespoon butter in Egg Cooker, cover and melt in microwave.

In separate bowl, stir together 3 tablespoons white cake mix and a pinch of cinnamon. Whisk in 2 ½ tablespoons milk and pour mixture over butter in Egg Cooker...don't stir!!

Take 1 single serve container of diced peaches and drain off most of liquid and pour into Egg Cooker...don't stir!

Microwave 3-4 minutes at 50% power...top with ice cream, if desired! Try other fruit and cake combinations, like pineapple in place of peaches, or cherry pie filling and chocolate cake mix for a black forest cobbler!