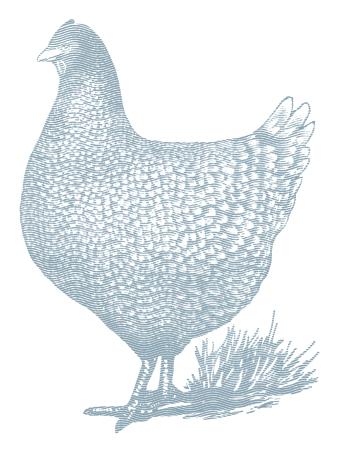




Recipes

- 3 Perfect Soft-Boiled Eggs with Everything Bagel Seasoning
- 4 Perfect Hard-Boiled Eggs with Quick-Pickled Onions
- 6 Herbed Egg Salad
- 8 Soft Scrambled Eggs with Caramelized Onions
- 10 Sourdough French Toast with Blueberry Maple Compote
- 12 Huevos Rancheros with Salsa Fresca
- 14 Savory Steel Cut Oats with Soft Boiled Eggs
- 16 Cheesy Grits with Over Easy Eggs, Bacon, and Broccolini
- 18 Poached Eggs with Lemony Roasted Asparagus
- 20 Brown Rice and Mushroom Grain Bowls with Olive Oil-Fried Eggs
- 22 B.E.L.T. (Bacon, Egg, Lettuce and Tomato Sandwich) with Homemade Aioli

- 24 Quiche Two Ways: Broccoli-Cheddar and Mushroom-Bacon
- 26 Shakshuka
- 28 Frittata with Leeks, Greens and Sausage
- 30 Dutch Baby
- 32 Goat Cheese and Herb Omelet
- 34 Beet and Turmeric Pickled Eggs
- 36 Spaghetti Carbonara
- 38 Cold Peanut Noodles with Hard-Boiled Eggs
- 40 Winter Squash Hash Browns with Slow Cooked Sunny-Side Up Eggs



These soft-boiled eggs have perfectly jammy yolks, making them a great component for so many dishes. Think avocado toast, salads, grain bowls, porridge, grits, etc. They are also delicious on their own, especially when sprinkled with a crunchy and savory everything bagel seasoning.

Perfect Soft-Boiled Eggs with Everything Bagel Seasoning



serves 4-6, plus extra everything bagel seasoning



Ingredients

for the eggs 4-6 The Farmer's Hen large eggs

for the everything bagel seasoning

2 tablespoons sesame seeds 2 tablespoons poppy seeds 1 tablespoon minced dried onion 1 tablespoon minced dried garlic 1 teaspoon fine sea salt freshly ground black pepper

Directions

to prepare the eggs

1. Bring a large pot of water to a boil over high heat. Use a slotted spoon to carefully place the eggs in the boiling water, one at a time. Adjust the heat to a steady boil and cook for 7 minutes. Put the eggs under cold water to stop the cooking. Once cool, crack the eggs at the wider end and peel. Slice in half and enjoy, sprinkled with the everything bagel seasoning.

to make everything bagel seasoning

2. Toast the sesame seeds and poppy seeds in a small, dry skillet over high heat for 30 seconds to 1 minute, until the seeds are fragrant and start popping. Transfer to a medium bowl. Add the minced dried onion and garlic, salt, and black pepper to taste. Mix to combine. Store in an airtight container. This recipe makes extra. This method yields hard boiled eggs that are perfectly cooked throughout, with yolks that are not too pale or dry. They make for the most delicious appetizer or snack when topped with homemade quick-pickled onions, which are so easy to prepare.

Perfect Hard-Boiled Eggs with Quick-Pickled Onions



serves 4-6, plus extra quick-pickled onions

Ingredients

for the eggs

4-6 The Farmer's Hen large eggs

for the quick-pickled onions

³/₄ cup warm water
¹/₂ cup apple cider vinegar
1 ¹/₂ teaspoons sea salt
1 teaspoon sugar
1 medium red onion, thinly sliced
1 bay leaf (optional)
1 sprig fresh rosemary (optional)

Directions

to prepare the eggs

 Bring a large pot of water to a boil over high heat. Use a slotted spoon to carefully place the eggs in the boiling water, one at a time. Adjust the heat to a steady boil and cook for 11 minutes. Put the eggs under cold water to stop the cooking. Once cool, crack the eggs at the wider end and peel. Slice in half and enjoy, topped with the quick-pickled onions.

to make the quick-pickled onions

2. Combine the water, vinegar, salt, and sugar in a 16 oz jar or a jar of a similar size. Seal the jar and shake it to dissolve the salt and sugar. Add the onion slices, bay leaf, and rosemary, if using. Seal the jar and shake gently to mix. Let the onions marinate at room temperature for 1 hour. Keep refrigerated in an airtight container for up to 1 week.



This egg salad is so simple to make! The flavor is elevated with the addition of Dijon and grainy mustard, as well as fresh herbs, which perfectly counteract the creaminess of the eggs. You can chop the eggs into larger pieces, as pictured, or more finely, depending on your preference.

Herbed Egg Salad

ᇇ

Serves 4

Ingredients

8 large The Farmer's Hen eggs 2 tablespoons mayonnaise 1 tablespoon Dijon mustard 1 tablespoon grainy mustard 1 teaspoon apple cider vinegar 2 scallions, thinly sliced 2 tablespoons chopped dill sea salt freshly ground black pepper

- Bring a large pot of water to a boil over high heat. Use a slotted spoon to carefully place the eggs in the boiling water, one at a time. Adjust the heat to a steady boil and cook for 11 minutes. Put the eggs under cold water to stop the cooking. Once cool, crack the eggs at the wider end and peel. Chop the eggs.
- 2. In a large bowl, combine the mayonnaise, mustard, vinegar, scallions, dill, salt, and pepper to taste. Mix until smooth. Add the eggs and mix gently to coat with the dressing. Keep the egg salad refrigerated in an airtight container.



Soft scrambling eggs is one of the most decadent, yet simple egg preparations, which yields an incredibly custardy and lush scramble. A topping of slowcaramelized onions takes the decadence factor to the next level.

Soft Scrambled Eggs with Caramelized Onions

ᇇ

Serves 2

Ingredients

2 tablespoons extra virgin olive oil 3-4 medium yellow onions, sliced ½ teaspoon sea salt, plus more for the onions

4 The Farmer's Hen large eggs 2 tablespoons unsalted butter freshly ground black pepper herbs of choice, for garnishing (optional)

- Heat a large skillet over medium heat and add the olive oil. Add the onions and a pinch of salt. Stir to coat and cook, stirring periodically, for 10 minutes, until just translucent. Turn the heat down to medium low or low and continue cooking the onions, stirring every once in a while. You should hear a gentle sizzle coming from the onions at all times, so adjust the heat accordingly. Cook until the onions are golden brown, soft, and jammy, which takes anywhere from 40 minutes to 1 hour or more, depending on the onions.
- 2. Crack the eggs into a medium bowl and add ¼ teaspoon of salt. Use a whisk to vigorously whip the eggs until completely smooth and streak free. Heat a medium non-stick skillet over medium-low heat. Add the butter and swirl it around until completely melted. Add the eggs and do not stir, until you see them just starting to set at the edges. Use a spatula to push the eggs from the edges and across the skillet in quick, confident motions. Continue to move the eggs around and cook for about 2 minutes total, until the eggs are fluffy and mostly set, but still glossy and runny on top. The eggs will continue cooking once you remove them from the heat. Serve right away, topped with the caramelized onions, black pepper, and herbs, if using.



The subtle sourness of sourdough bread beautifully counteracts the sweet flavors in this French toast recipe. The blueberry maple compote is very simple to make and completes the meal with its lush, berry flavors.

Sourdough French Toast with Blueberry Maple Compote



Serves 2-3

Ingredients

for the French toast

3 The Farmer's Hen large eggs 1/4 cup + 2 tablespoons whole milk 2 tablespoons honey 1/2 teaspoon vanilla extract sea salt 3³/4" thick slices sourdough bread 1 tablespoon unsalted butter 1 tablespoon neutral cooking oil of choice

for the blueberry maple compote

3 cups fresh or frozen blueberries 1 teaspoon vanilla extract

zest from 1 orange (optional) 2 tablespoons maple syrup sea salt

10 The farmer's hen

Directions

to make the French toast

- 1. Combine the eggs, milk, honey, vanilla, and a pinch of salt in a large, shallow baking dish. Beat gently until smooth. Add the bread and turn it a few times to coat both sides in the custard. Let soak for 5 minutes on each side, until the bread is fully saturated but not too soggy.
- 2. Heat a large skillet over medium heat, add the butter and oil, swirling the pan until the butter is melted. Carefully lift a slice of bread out of the baking dish, letting any excess egg custard drip into the dish. Transfer the bread to the skillet, followed by the rest of the slices. Cook for 2 minutes, or until the undersides are golden brown. Flip the bread and cook for 2 more minutes on the other side. Serve the French toast right away, with blueberry compote or any other toppings of choice.

to make the blueberry maple compote

1. In a medium saucepan, combine the blueberries, vanilla, orange zest, if using, maple syrup, and a small pinch of salt. Bring to a simmer over medium heat. If using fresh blueberries, you may need to add a small splash of water to help the mixture start simmering. Establish a gentle simmer, cover the saucepan, and simmer for 10-15 minutes, until the berries soften and release their juices. Let cool before serving. Keep refrigerated in an airtight container.



These huevos rancheros make for the ultimate, nourishing breakfast, complete with homemade refried beans and a vibrant salsa fresca. Making fresh salsa takes very little time, and the resulting, bright flavors are so worth the little bit of extra effort.

Huevos Rancheros with Salsa Fresca



serves 2-4

Ingredients

1 medium yellow onion, diced, divided 2 medium tomatoes, diced handful cilantro, chopped, plus more for garnishing juice from 2 limes, divided sea salt 2 tablespoons extra virgin olive oil, divided 1/2 teaspoon cumin seeds or ground cumin 1/4 teaspoon smoked paprika (optional) 115 oz can black beans, drained 4 The Farmer's Hen large eggs 4 corn tortillas crumbled Cotija cheese, for serving (or use feta and/or Monterey Jack) 1 ripe avocado, sliced or cubed, for serving hot sauce, for serving

- 1. Make the salsa fresca. In a medium bowl, combine about ¼ of the diced onion with the tomatoes, cilantro, juice from 1 lime, and a pinch of salt. Mix and set aside until ready to serve.
- 2. Make the refried beans. Heat a medium skillet over medium heat. Add 1 tablespoon of oil, the rest of the onion, cumin, paprika, if using, and a pinch of salt. Saute for 7 minutes, until the onion is translucent and the cumin is fragrant. Add the beans and another pinch of salt, stir around to warm up the beans. Start mashing the beans with a potato masher or fork, adding small splashes of water if the beans appear too dry. Once mashed to your preferred consistency, turn off the heat and mix in the juice of 1 remaining lime. Taste for salt and adjust if needed.
- 3. Heat a large non-stick skillet over medium heat. Add the remaining 1 tablespoon of olive oil. Crack the eggs into the pan and cook until the whites are set, and the yolks are how you prefer them.
- 4. Meanwhile, heat the tortillas right over the open flame of your burner, using tongs to flip, until warmed through and slightly charred in parts. Keep wrapped in a kitchen towel until ready to serve. If you don't have a gas burner, use a hot dry skillet to warm the tortillas. To serve, spread the refried beans over the tortillas, top each one with an egg, a sprinkle of cheese, salsa fresca, avocado, and hot sauce. Enjoy right away.



Oats are just as delicious in savory applications as they are in sweet ones. Steel cut oats yield a porridge that's incredibly creamy, but with a little bit of a bite, almost similar to risotto. They make for the coziest savory breakfast, especially when topped with jammy, soft boiled eggs, vegetables, herbs, and yogurt.

Savory Steel Cut Oats with Soft Boiled Eggs

ᇇ

serves 2

Ingredients

2 The Farmer's Hen large eggs 1 tablespoon unsalted butter ½ cup steel cut oats sea salt 1 teaspoon soy sauce or tamari ¼ cup plain Greek yogurt 1 avocado, cubed 1 scallion, sliced 2-3 radishes, thinly sliced toasted sesame seeds or everything bagel seasoning

- 1. Bring a medium pot of water to a boil over high heat. Use a slotted spoon to carefully place the eggs in the boiling water, one at a time. Adjust the heat to a steady boil and cook for 7 minutes. Put the eggs under cold water to stop the cooking. Once cool, crack the eggs at the wider end and peel. Slice in half when ready to serve.
- 2. Heat a medium pot over medium heat and add the butter. Once the butter is melted, add the oats and toast for 5 minutes, stirring frequently, until golden and fragrant. Add 2 cups water and a pinch of salt, bring to a boil over high heat. Establish a steady simmer, cover the pot, and cook for 25-30 minutes, stirring periodically, until the oats are soft and creamy. Mix in the soy sauce/tamari. Taste for salt and adjust if needed. Distribute the oats between bowls, top with the soft-boiled eggs, dollops of Greek yogurt, avocado, scallions, radishes, and sesame seeds/everything bagel



Cheesy grits make for such a comforting, savory breakfast, especially when topped with perfectly cooked over easy eggs, bacon, and broccolini.

Cheesy Grits with Over Easy Eggs, Bacon, and Broccolini

ワ

serves 4

Ingredients

2 tablespoons unsalted butter, divided 1 jalapeno, seeded and diced 1 cup whole milk ½ cup white or yellow, non-instant grits or polenta sea salt ½ cup grated sharp Cheddar cheese freshly ground black pepper 8 strips bacon 1 medium bunch broccolini, tough ends trimmed 4 The Farmer's Hen large eggs

- 1. Heat a medium pot over medium heat. Add 1 tablespoon of butter and swirl it around until completely melted. Add the jalapeno and saute for 3 minutes, until soft. Add the milk, 2 cups of water, grits, and a generous pinch of salt, whisk to combine. Bring to a simmer over medium-high heat. Establish a gentle simmer and cook, whisking often, for 25-30 minutes, until the grits are soft and creamy. If the grits become too dry at any point, add more water or milk to achieve a creamy consistency. Turn off the heat, add the cheese and black pepper to taste, mix to combine. Taste for salt and adjust if needed. Keep warm.
- 2. Meanwhile, cook the bacon in a large skillet over medium-low heat, until crispy and browned in parts, 10-15 minutes. Flip halfway through. Transfer the bacon to a paper-towel lined plate. Tear the bacon into large chunks or serve whole. Saute the broccolini in the pan with the bacon fat over medium heat for 5-7 minutes, until bright green and charred in places.
- 3. Heat a medium non-stick skillet over medium-low heat and add 1 tablespoon of butter. Once the butter is melted, gently crack the eggs into the pan (you might need to do this in batches), and cook for about 2 minutes, until the whites are just set. Flip the eggs and cook for about 20 seconds. Flip back over and season with salt and pepper. Serve the eggs right away over the cheesy grits, with the bacon and broccolini.



Delicate poached eggs are so delicious served over beautiful green vegetables like asparagus. This lemony roasted asparagus is incredibly simple to prepare, yet so impressive in flavor.

Poached Eggs with Lemony Roasted Asparagus



Serves 2-4

Ingredients

1 lb asparagus (about 1 medium bunch), tough ends snapped off 1 teaspoon olive oil sea salt freshly ground black pepper

1 medium lemon

4 The Farmer's Hen large eggs

- 1. Preheat the oven to 425° F. Cover a large baking sheet with parchment paper. Set a medium pot of water to boil.
- 2. Put asparagus on the baking sheet, along with the oil, salt, and pepper to taste. Mix to coat. Roast for 9-15 minutes, until the asparagus is easily pierced with a fork. The exact amount of time will depend on the thickness of your asparagus; the thicker it is, the more time it will need.
- 3. Arrange the asparagus on a serving platter or distribute among serving plates. Zest the lemon and sprinkle the zest over the asparagus, then slice the lemon in half and squeeze the juice from half of the lemon over the asparagus. Slice the remaining half of the lemon into wedges and serve alongside the asparagus.
- 4. Meanwhile, establish a strong simmer in the pot with the boiling water by lowering the heat just a little. Crack an egg into a small bowl. Create a vortex in the pot by stirring the water in a circular motion with a slotted spoon. Carefully slide the egg from the bowl into the center of the vortex. Gently swirl the water to help the whites shape up around the yolk. Cook for about 2 ½ minutes, until the whites are set, but the yolk is still soft to the touch. Use a slotted spoon to transfer the egg to a plate, lined with a clean towel or paper towel. Repeat with the rest of the eggs, or, if you feel comfortable, cook all the eggs at the same time. Serve the eggs over the asparagus, seasoned with salt and pepper to taste.



Brown Rice and Mushroom Grain Bowls with Olive Oil-Fried Eggs



Serves 2

Ingredients

³/₄ cup brown rice
1 teaspoon rice vinegar, divided
1 teaspoon + 5 tablespoon extra-virgin olive oil, divided
sea salt
1 medium shallot, sliced
8 oz cremini mushrooms, sliced
5 oz shiitake caps, sliced
2 garlic cloves, minced
1 teaspoon soy sauce or tamari
1 teaspoon maple syrup
pinch chili flakes
2 The Farmer's Hen large eggs
sliced scallions, microgreens, or
other herbs, for garnishing

- In a medium pot, combine the rice, 1¹/₂ cups water, ¹/₂ teaspoon rice vinegar, 1 teaspoon olive oil, and a generous pinch of salt. Bring to a boil. Reduce to a simmer, cover the pot, and cook the rice for 45 minutes. Turn off the heat and let the rice sit and steam for 10 more minutes. Fluff with a fork and serve.
- 2. Meanwhile, heat a medium skillet over medium heat. Add 2 tablespoons of olive oil, shallot, and a pinch of salt. Saute for 5-7 minutes, until translucent. Add the cremini and shiitake mushrooms, along with another pinch of salt. Stir to coat the mushrooms in the oil and salt, then let brown, undisturbed, for 8-10 minutes, until all the water that they release evaporates. Add the garlic and stir. Cook for another 3-5 minutes, until the mushrooms are completely browned.
- 3. Add the soy sauce/tamari, maple syrup, remaining ½ teaspoon rice vinegar, and chili flakes to taste. Stir to coat, and keep cooking, until the mushrooms appear glazed, another 2-4 minutes.
- 4. Use the same skillet that was used for the mushrooms or another non-stick skillet to cook the eggs. Heat the skillet over medium high heat and add 3 tablespoons of olive oil. Once the oil is shimmering, carefully crack the eggs into the pan. Fry for about 3 minutes, tilting the pan to one side and spooning the pooled up olive oil over any uncooked whites (avoid the yolks), until the egg whites are firm, the edges are crispy, and the yolk is still runny.
- 5. To assemble the grain bowls, distribute the rice among 2 bowls, top with the mushrooms, followed by the fried eggs, and a sprinkle of herbs.

These grain bowls make for a nourishing meal that can be enjoyed any time of day. Frying eggs in olive oil gives them beautiful, lacy and crispy edges, as well as a lush, savory flavor. They are delicious when served on top of earthy-flavored mushrooms and grains. You can use other grains like quinoa, farro, freekeh, etc. in place of the brown rice, just make sure to cook them according to their individual package instructions.

B.E.L.T. (Bacon, Egg, Lettuce and Tomato Sandwich) with Homemade Aioli

붯

makes 1 sandwich, plus extra aioli

Ingredients

for the aioli

1 large, room temperature The Farmer's Hen egg yolk 1 medium garlic clove, finely grated ¼ teaspoon sea salt ½ cup olive oil

for the B.E.L.T.

4 slices thick-cut bacon 2 teaspoons olive oil 1 The Farmer's Hen large egg sea salt freshly ground black pepper 2 tablespoons aioli, or to taste 2 slices sandwich bread of choice, toasted 1-3 leaves butter lettuce 1-2 large tomato slices

Directions

to make the aioli

1. In a medium bowl, whisk together the egg yolk, garlic, and salt. Add 1 teaspoon of water, and mix it in. Begin adding the olive oil, one drop at a time, and whisking constantly, until you start seeing the mixture emulsify. Keep adding the oil in a very thin stream and continue whisking, until all the oil is incorporated, and the aioli is thick like mayonnaise. Keep refrigerated in an airtight container. This aioli can be made up to one day ahead of serving.

to make the B.E.L.T.

- Cook the bacon in a large skillet over medium-low heat, until crispy and browned in parts, 10-15 minutes. Flip halfway through. Transfer the bacon to a paper-towel lined plate.
- 2. Heat a medium non-stick skillet over medium heat (or use the same skillet used for the bacon). Add the olive oil. Crack the egg into the pan and cook until the whites are set, but the yolk is still runny, about 3 minutes. Season with salt and pepper.
- 3. Spread the aioli on both slices of bread. Top one of the slices with the lettuce, followed by the tomato, bacon, and egg. Close the sandwich and enjoy right away.

B.E.L.T. (Bacon, Egg, Lettuce and Tomato Sandwich) with Homemade Aioli

This might be the ultimate breakfast sandwich, complete with all the well-loved flavors of a B.L.T., plus a fried egg. Homemade aioli is so fun to make, and really takes this sandwich to the next level. You can also use store-bought mayonnaise or garlic mayo if you don't want to make your own aioli, the sandwich will still be absolutely delicious.



Once you have a good recipe for a quiche crust and filling, you can easily flavor your quiche any way you want. This two-inone recipe shows you how to make a broccoli-cheddar quiche and a mushroom-bacon quiche, complete with a buttery crust and a custardy filling that's bursting with rich, decadent flavor.

Quiche Two Ways: Broccoli-Cheddar and Mushroom-Bacon

Ingredients

for the crust

1 cup all-purpose flour, plus more for dusting ¼ teaspoon sea salt 1 stick (8 tablespoons) cold, unsalted butter, cut into small pieces 3-5 tablespoons ice water

for the quiche base 4 The Farmer's Hen large eggs 1 cup heavy cream ¼ teaspoon sea salt

for the broccoli-cheddar variation 1 tablespoon olive oil 1 medium shallot, sliced sea salt 1 small head broccoli, chopped small 3 garlic cloves, minced freshly ground black pepper 1 small bunch chives, sliced 1 cup shredded Cheddar cheese

for the mushroom-bacon variation 5 oz bacon, cut into ½" pieces 1 tablespoon olive oil 1 medium shallot, sliced sea salt 8 oz cremini mushrooms, sliced 3 garlic cloves, minced freshly ground black pepper 1 cup shredded Gruyere



makes one 9" quiche per variation

Directions

to make the crust

- 1. In a food processor, combine the flour and salt, pulse to mix. Add the butter, and pulse it in until the mixture resembles sand. Add 3 tablespoons of ice-cold water, and pulse it in. Test the dough by pressing it between your fingertips; it should come together. If the dough still seems too crumbly, add more water, 1 tablespoon at a time, until you achieve the correct consistency. Transfer the dough to a sheet of plastic wrap and form it into a disc. Wrap the disk tightly with the plastic and refrigerate for at least 1 hour, or overnight.
- 2. Prepare a 9" pie dish by oiling it with a little bit of olive oil (or butter). Dust your work surface with flour. Let the dough soften a bit at room temperature if it's too hard right out of the refrigerator. Roll out the dough into an 11" diameter, %"-thick round. Carefully transfer the dough to the prepared pie dish, gently pressing the dough into the dish. Trim off any excess at the edges. Prick the crust with a fork several times and refrigerate for 30 minutes.
- 3. Preheat the oven to 375° F. Cover the crust with parchment paper, weighed down with baking beans. Blind bake for 40 minutes. Remove the parchment, and let the crust cool completely before filling, about 30 minutes.

to make the quiche base

1. In a medium bowl, whisk together the eggs, heavy cream, and sea salt, until smooth. Use in any variation below.

to make the broccoli-cheddar quiche

- 1. Preheat the oven to 350° F. Heat a medium skillet over medium heat. Add the olive oil, shallot, and a pinch of salt. Saute for 5-7 minutes, until translucent. Add the broccoli and another pinch of salt. Saute for 5-7 minutes, until the broccoli is crisp-tender. Add the garlic and black pepper to taste, saute for another 30 seconds, until the garlic is fragrant.
- 2 .Mix the chives into the prepared quiche base. Sprinkle about half of the cheese over the bottom of the prebaked crust. Spread the broccoli-shallot mixture in the crust. Sprinkle with the rest of the cheese and pour the quiche base over the broccoli. Bake for 45-50 minutes, until the quiche is just set. Let cool at least 30 minutes before serving.

to make the mushroom-bacon quiche

- 1. Preheat the oven to 350° F. Cook the bacon in a large skillet over medium-low heat, until crispy and browned in parts, about 10 minutes. Stir halfway through. Transfer the bacon to a paper-towel lined plate.
- 2. Heat a medium skillet over medium heat. Add the olive oil, shallot, and a pinch of salt. Saute for 5-7 minutes, until translucent. Add the mushrooms, along with another pinch of salt. Stir to coat the mushrooms in the oil and salt, then let brown, undisturbed, for 8-10 minutes, until all the water that they release evaporates. Add the garlic and black pepper to taste. Cook for another 3-5 minutes, until the mushrooms are completely browned. Add the cooked bacon, and mix it in.
- 3. Sprinkle about half of the cheese over the bottom of the pre-baked crust. Spread the mushroom-bacon mixture in the crust. Sprinkle with the rest of the cheese and pour the quiche base over the mushrooms and bacon. Bake for 45-50 minutes, until the quiche is just set. Let cool at least 30 minutes before serving.

Shakshuka is a Mediterranean dish of eggs cooked in a spiced tomato and pepper sauce. It makes for a quick and cozy meal, served with some crusty bread or soft flatbread.

Shakshuka

ບ

Serves 2-4

Ingredients

2 tablespoons olive oil 1 yellow onion, diced 1 red bell pepper, seeded and diced ½ teaspoon ground cumin ½ teaspoon ground coriander ½ teaspoon paprika sea salt 4 garlic cloves, minced 1 tablespoon tomato paste 1 28 oz can diced tomatoes 4-6 The Farmer's Hen large eggs freshly ground black pepper plain Greek yogurt, for garnishing fresh herbs like mint, cilantro, pasley, for garnishing

- 1. Heat a medium skillet over medium heat and add the oil. Add the onion, bell pepper, cumin, coriander, paprika, and a pinch of salt. Saute for 8-10 minutes, until the onions are translucent and the peppers are soft. Add the garlic and tomato paste, saute for another 2 minutes, until the garlic is fragrant and the tomato paste is incorporated. Add the tomatoes and another pinch of salt. Establish a gentle simmer and simmer the tomato mixture for 15-20 minutes, until it thickens and becomes concentrated. Taste for salt and adjust if needed.
- 2. Make 4-6 divots in the tomato mixture and crack the eggs into the divots, one at a time. With the mixture at a gentle simmer, cover the pan and cook the eggs for 5 minutes, or until the egg whites are set and the yolks are still runny. Season the eggs with salt and pepper. Garnish the shakshuka with dollops of yogurt and fresh herbs. Enjoy right away.



Similarly to quiche, a frittata can be filled with endless combinations of ingredients, but this recipe is especially delicious. The rich savoriness of the sausage is perfectly counteracted by the slightly bitter greens, and the 'melted,' sauteed leeks contribute a note of sweetness.

Frittata with Leeks, Greens and Sausage



Serves 6-8

Ingredients

12 large eggs
¼ cup grated Parmesan
sea salt
freshly ground black pepper
2 sausages of choice (like
breakfast or hot Italian sausage)
1 tablespoon olive oil
2 leeks, white and light green
parts only, sliced
1 bunch Swiss chard, stemmed
and torn

- 1. Preheat the oven to 350° F. In a large bowl, beat the eggs until they are streak free. Mix in the Parmesan, salt, and pepper to taste.
- 2. Cook the sausage in a large, oven-safe skillet set over medium heat, until cooked through. Remove the sausage from the skillet, slice it on a diagonal, and set aside for now. Wipe the pan if needed. Add the oil, leeks, and a pinch of salt. Saute the leeks for 10 minutes, until soft. Add the chard greens and another pinch of salt, saute until just wilted. Add the sliced sausage back to the pan. Pour the egg mixture into the pan. Turn the heat up to medium high and cook without stirring for 5 minutes, until the edges of the frittata just begin to set. Transfer the pan to the oven and bake for 25-30 minutes, until the center is set. Slice the frittata and serve right away.



A Dutch baby is a giant, skillet-sized pancake, which is so fun to make because it grows and puffs up in the oven. It's also delicious sliced and served with any of your favorite sweet breakfast toppings, like maple syrup, yogurt, fresh fruit/berries, etc.

Dutch Baby

붯

Serves 4-6

Ingredients

- 3 The Farmer's Hen large eggs ³/₄ cup whole milk ¹/₂ cup all purpose flour 2 tablespoons sugar
- 1 teaspoon vanilla extract ¼ teaspoon sea salt 2 tablespoons unsalted butter powdered sugar, for dusting Greek yogurt and/or maple syrup, for serving fresh berries, for serving (optional)

- 1. Preheat the oven to 425° F. Put a large, oven-safe skillet in the oven while it's preheating.
- 2. In a blender or food processor, combine the eggs, milk, flour, sugar, vanilla extract, and salt. Blend until smooth. Let the batter sit for 10-15 minutes.
- 3. Wearing oven mitts, carefully remove the hot skillet from the oven. Add the butter and swirl it around until melted. Pour the batter into the skillet, tilting the skillet if needed to make sure the batter is distributed evenly. Bake the pancake for 10-15 minutes, until puffed up and golden brown at the edges. Remove the Dutch baby from the oven, dust with powdered sugar, slice, and serve right away with yogurt/maple syrup and berries, if using.



This French-style omelet takes some serious practice and a really good, non-stick skillet. But once you get the hang of it, you likely won't be able to go back to 'regular' omelets ever again. This recipe does simplify the traditional method a little bit by not having you stir the eggs the whole time, since it's too easy to turn them into scrambled eggs, and by folding the omelet instead of rolling it off the pan, which is a really advanced technique. The result is a custardy, even-colored omelet that makes for the most luxurious breakfast.

Goat Cheese and Herb Omelet



Serves 1

Ingredients

2 The Farmer's Hen large eggs 2 tablespoons unsalted butter sea salt

freshly ground black pepper 2 oz (about 2 tablespoons) goat cheese, crumbled 1 tablespoon finely chopped herbs like chives, dill, parsley, plus more for garnishing

- 1. In a medium bowl, whisk the eggs until very smooth and streak free (the trick with this is that it always takes longer than you think).
- 2. Heat a medium non-stick skillet over medium heat. Add the butter and swirl it around to melt. Add the eggs and season with salt and pepper to taste. Gently stir the eggs until they just start to set. Turn the heat down to medium low and let the eggs cook undisturbed, until set completely on the bottom, but still soft on top, about 2-3 minutes. Lift an edge of the omelet with a spatula to check that it's holding together. The bottom of the omelet should be even in color, with no brown spots. Turn off the heat.
- 3. Spread the goat cheese and herbs in a row down the middle of the omelet. Fold each side of the omelet over the goat cheese and herb filling. Carefully slide the omelet onto a plate, simultaneously flipping it over with a spatula, seam down. Sprinkle with more herbs and enjoy right away.



Pickled eggs are delicious, they last a while in the fridge, and they're so fun to make thanks to all the potential for colorful brine ingredients. This recipe shows you how to make beet and turmeric pickled eggs, which both turn out stunningly vibrant in color and look beautiful on appetizer plates, in salads, or grain bowls.

Beet and Turmeric Pickled Eggs

凒

makes 6 eggs per variation

Ingredients

for the eggs

6 The Farmer's Hen large eggs 1 1/3 cups apple cider vinegar ½ cup water 2 tablespoons sugar 1 teaspoon sea salt

for the turmeric variation

1 teaspoon turmeric 1 shallot, sliced 2 teaspoons whole black peppercorns 1 teaspoon fennel seeds

for the beet variation

1 medium beet, peeled and cubed 2 teaspoons whole black peppercorns 1 teaspoon coriander seeds

Directions

1. to prepare the eggs

Bring a large pot of water to a boil over high heat. Use a slotted spoon to carefully place the eggs in the boiling water, one at a time. Adjust the heat to a steady boil and cook for 11 minutes. Put the eggs under cold water to stop the cooking. Once cool, crack the eggs at the wider end and peel.

2. to make the turmeric pickled eggs

In a medium saucepan, combine the vinegar, water, sugar, salt, and turmeric. Bring to a simmer over medium-high heat and simmer, stirring, until the sugar and salt dissolve, about 5 minutes. Let cool.

Put the hard boiled eggs in a quart jar, along with the shallot, peppercorns, and fennel. Pour the turmeric mixture over the eggs. Seal the jar and gently flip it a few times to evenly distribute the ingredients. Re-frigerate overnight and enjoy. These pickled eggs will keep for up to 2 weeks.

3. to make the beet pickled eggs

In a medium saucepan, combine the vinegar, water, sugar, salt, and beet. Bring to a simmer over medium-high heat and simmer, covered, until the beets are soft, 20-25 minutes. Let cool. Strain out the beets and discard or save to use in salads, etc.

Put the hard boiled eggs in a quart jar, along with the peppercorns and coriander. Pour the beet mixture over the eggs. Seal the jar and gently flip it a few times to evenly distribute the ingredients. Refrigerate overnight and enjoy. These pickled eggs will keep for up to 2 weeks.



This Roman pasta dish is the ultimate breakfast for dinner recipe that features a sauce made of eggs and cheese, and a generous studding of guanciale (cured pork jowl).

Spaghetti Carbonara

凒

Serves 4

Ingredients

sea salt

3 oz guanciale, cut into 1" long strips

3 The Farmer's Hen large egg yolks

1 The Farmer's Hen large egg ¹/₂ cup finely grated Parmesan, plus more for garnishing ¹/₂ cup finely grated Pecorino, or more Parmesan freshly ground black pepper 1 lb spaghetti

- 1. Set a large pot of lightly salted water to a boil.
- 2. Scatter the guanciale in a large skillet over medium heat. Cook, until the guanciale is golden brown and the fat is rendered, 8-10 minutes. Remove the guanciale from the pan with a slotted spoon and set aside.
- 3. In a large bowl, whisk the egg yolks and egg until smooth and streak free. Mix in the Parmesan, Pecorino, if using, and plenty of black pepper (the rule is to grind the pepper until your arm gets tired).
- 4. Cook the spaghetti in the boiling water until al dente. Reserve about ½ cup of the starchy pasta water. Strain the pasta and add it to the pan with the guanciale fat, set over medium heat, along with a splash of the starchy water. Stir vigorously to deglaze the pan and coat the pasta in the fat. Turn off the heat. Add the egg and cheese mixture to the pan (the pan shouldn't be too hot so that the eggs don't scramble), along with the guanciale, mix rapidly. Add more of the starchy water if the sauce needs thinning. Serve the Carbonara right away, garnished with more grated Parmesan.



These cold peanut noodles are so fresh and perfect for spring or summer cooking. The addition of nutritious, hard-boiled eggs rounds out this dish and makes it into a complete meal.

Cold Peanut Noodles with Hard-Boiled Eggs



Serves 2-4

Ingredients

2-4 The Farmer's Hen large eggs

juice from 2 limes (about ¼ cup) 1 tablespoon tamari or soy sauce

1 tablespoon rice vinegar 2 tablespoons creamy peanut butter

1 teaspoon Sriracha or other chili sauce of choice 1 garlic clove, grated or minced

sea salt 8-9 oz soba noodles, rice noodles, or other noodles of choice ¼ cup roasted peanuts, chopped 1 medium cucumber or 2-3 Persian cucumbers, sliced large handful basil leaves, chopped

- 1. Bring a medium pot of water to a boil over high heat. Use a slotted spoon to carefully place the eggs in the boiling water, one at a time. Adjust the heat to a steady boil and cook for 11 minutes. Put the eggs under cold water to stop the cooking. Once cool, crack the eggs at the wider end and peel. Slice in half.
- 2. Make the sauce. In a large bowl, combine the lime juice, tamari/soy sauce, rice vinegar, peanut butter, Sriracha, garlic, and a pinch of salt, mix until smooth. Taste for salt and adjust if needed.
- 3. Cook the noodles according to the instructions on the package. Drain and rinse the noodles under very cold water. If your tap water is not cold enough, place a few ice cubes in the colander with the noodles and let them melt completely to cool down your noodles.
- 4. Transfer the noodles to the bowl with the sauce, along with the peanuts, cucumbers, and basil. Mix very well to coat everything in the sauce. Distribute the noodles between serving bowls and top with the hard boiled eggs, seasoned with salt. Enjoy right away.



Adding winter squash to hash browns is such a fun way to switch up the preparation of this breakfast classic. The squash contributes color and a subtle sweetness that goes beautifully with the savoriness of potatoes. Lacy-edged hash is especially delicious served with slow cooked eggs, which counteract the crispness of the hash browns with their velvety softness.

Winter Squash Hash Browns with Slow Cooked Sunny-Side Up Eggs



Serves 2-3

Ingredients

1 Russet potato, peeled and grated 1 honeynut squash or ½ small butternut squash, peeled, seeded, and grated juice from ½ lemon sea salt ¼ cup + 1 tablespoon olive oil, avocado oil, or other cooking oil of choice, divided freshly ground black pepper sliced chives, for garnishing (optional) 2-3 The Farmer's Hen large eggs

- 1. Put the potato and squash in a colander, set over a bowl. Drizzle with lemon juice and sprinkle with a generous pinch of salt, mix to coat. Let sit for 15 minutes, allowing the vegetables to release excess water. Working in batches, squeeze as much liquid as you can out of the vegetables using your hands, this will ensure that they crisp up in the skillet. Transfer to a dry bowl.
- 2. Heat a large skillet over medium-high heat and add ¼ cup of oil. Add the grated vegetables and stir to coat them in the oil. Spread the vegetable into an even layer and cook, undisturbed, for 5-6 minutes, or until the underside starts turning golden brown. Flip the hash browns, simultaneously breaking them up into smaller pieces. Continue cooking for 8-10 more minutes, stirring periodically, until the hash browns are golden brown and crispy. Reduce the heat if the vegetables are browning too quickly. Transfer to serving plates, season with salt and pepper to taste, and sprinkle with chives, if using.
- 3. Heat a large non-stick skillet over medium low heat and add the remaining 1 tablespoon of oil. Crack the eggs into the pan and turn down the heat if you hear any sizzling. Let the eggs cook slowly, without sizzling, over medium low to low heat, until the whites are fully set, and the yolk is still runny, 5-7 minutes. Serve with the winter squash hash browns.

