

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

FEBRUARY 2019

Breakfast has always been an important meal. Farmers and their families would rise with the sun (or even before) and depend on a full meal of eggs, meat, toast, and fresh fruit. All this would provide a good share of needed protein and energy for their early morning chores, as well as the rest of their day.

Today breakfast in most families has to be easy and quick- juice, cereal, toast, maybe a fruit or a "Pop Tart". Weekend breakfast can be a fun treat, more like the old farmer's breakfast, but enjoyed leisurely.

Rich French Toast

Surprise the chocolate lovers in the family with this treat..

6, 1" thick slices French bread (preferable day old)
3 ounce dark chocolate candy bar
6 teaspoons chopped unsalted nuts (pistachio, almonds, pecans)
3 large eggs
¼ cup milk
3 tablespoons sugar
1½ teaspoons vanilla
1/3 teaspoons nutmeg
Butter
Powdered sugar

With a serrated knife, cut a pocket in each slice of bread. Fill each pocket with a piece of chocolate and a teaspoon of nuts.

In a shallow dish, mix together eggs, milk, sugar, vanilla, and nutmeg.

Heat a large skillet or grill and melt enough butter for frying. Dip the filled bread slices, one at a time, in the egg mixture, turning to coat both sides. Be careful not to disturb the filling.

Cook slices until they are browned on both sides, adding more butter as needed. Before serving, sprinkle with powdered sugar.

Serves 6.

Coffee Praline Muffins

So special, they are a real treat- especially when served with a cup of Café au Lait.

1¾ cups flour
½ cup firmly packed dark brown sugar
1 tablespoon baking powder
½ teaspoon salt
½ cup coarsely chopped pecans
½ cup butter
2/3 cup milk
2 tablespoons instant coffee powder

Coffee Praline Muffins continued...

1 teaspoon vanilla
1 large egg
1 tablespoon granulated sugar

In a large bowl, combine flour, brown sugar, baking powder, and salt- set aside. Set aside 2 tablespoons of pecans and add the rest to flour mixture.

In a 1 quart saucepan, melt the butter and cook it slightly. With a whisk, add the milk, instant coffee powder, vanilla, and egg. Beat until the coffee is dissolved. Stir the liquid mixture into the flour mixture and stir just until moistened. Divide the batter into 10 greased muffin cups. Sprinkle the tops with granulated sugar and reserved nuts.

Bake at 375° for 15-20 minutes. Best served warm.

Café Au Lait

3 cups boiling water
½ cup ground Louisiana coffee
3 cups milk
½ cup heavy cream

Using a drip coffeemaker, brew strong coffee by pouring boiling water over ground coffee.

Keep hot!

Heat milk and cream until bubbles form. Do not boil. Pour into a warmed pitcher. Pour about 1" coffee into cups, then simultaneously pour more coffee and warm milk into each cup. Serves 4.



ANNA SHELDON HOPKINS