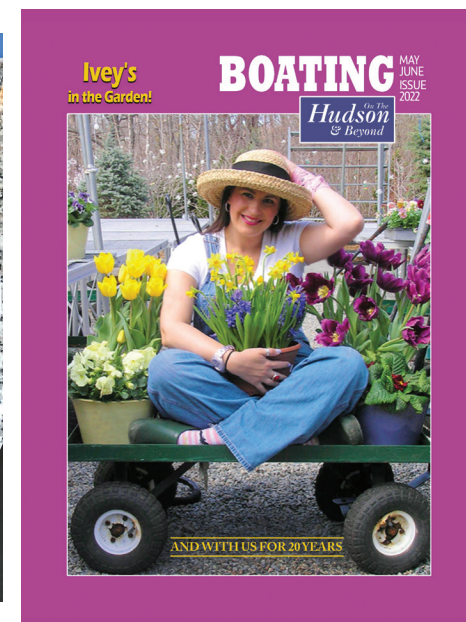


Ivey's In My Kitchen™

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**I Love My
Chickens
So Very
Much,
Come and
Gimme a
Quiche!**



When I first got married, it was a surprise to me. I thought I had decided no more Husbands, Fiancés and I certainly did not wish for children, so all of that suited me just fine. Then I fell in love. I was domesticated by love and everything changed. All of a sudden I wanted to get married, I wanted to have HIS children and I wanted more than anything to be a good Wife and an excellent Mother. Once my children arrived I became obsessed with what I fed my family. Food was my job, also, I had personal issues with the effects of artificial ingredients and overly processed foods. Feeding my family clean, natural, genuinely healthy foods became my mission. I traveled hours away to meet farmers, butchers, growers and foodcrafters to bring into my life. I knew my kids would eat garbage outside of the house and I had no control over it, but I felt good knowing that most of their meals came from home, from me, from our garden, etc... Having something that I made, available for my family every time they walked into the kitchen looking for something, was my goal. And I achieved that goal, with eggs.

Part of this idyllic vision of a wholesome family life was my chickens. Early on, I had the luxury of tasting a freshly laid egg and I was never the same. That very Mother's Day I asked my Husband for chickens. I wanted us to build a coop in our garden and have a small flock wandering around

our ankles. We started keeping chickens. It was an adventure in the beginning, we made mistakes, and we had joyous triumphs as each hen laid her fist eggs. My family went through almost three dozen eggs a week so keeping chickens fit our lifestyle. If it was late and it was cold, snowing, raining, I didn't have to go anywhere to feed my family. I could wander back to the hens coop, pat a chicken, or two, on the head and steal a few eggs. The chickens gave me a sense of security. And when we were locked down, my chickens were a real blessing. I was able to cook all of our favorite foods whilst we were sheltering in place. My family was eating flourless chocolate cake, cheesecakes of every variety, Quiche and hollandaise sauce were always available. We cooked custards, made crème brulee, egg salads and more variations of deviled eggs, that the devil himself would feel full. All of this because of my keeping chickens. I live in a chicken friendly town, I never kept a rooster, I stayed on top of coop care so no smell and I cooked for my hens as if they were my children. I have memories of my children eating toaster waffles and my chickens eating warm buttermilk maple oatmeal with molasses and raisins. For me, it was the pet factor. We were unable to have the standard cat or dog, the chickens happily hopped into my lap for a snuggle or a petting session. They came when I called them and they went into their coop on command when I spied a hawk. In

all the years I have been keeping chickens, I had approximately three flocks. I have tried raising a meat bird that I rescued and learned that lesson. I gave up my garage and partial sanity to quarantine new hens when I had to and raised chicks even though that's a whole other story. We did chicken sweaters during the winter, just ask Lori Cohen loricohen@optonline.net. Really, we had no limits. We, as a family have run the gamut on the chicken experience.

My point? Either say yes to the experience when and if it comes your way, or buy a lot of eggs, because I am going to review with you some things we do with eggs. Some scan codes are of old favorites to remind you. And, I'm giving you this Quiche idea to try. Eggs, my point is the value in eggs!

Whether from your backyard chickens or from your market, eggs are available all year round. They are full of protein and very filling.

Eggs can be as classic as breakfast or as creative as a main meal for dinner guests. Cold or hot, eggs can cover it all. Quiche is one of

my favorites; it's dinner, lunch, breakfast, or snack. It can be filled with anything; I prefer cheese in every Quiche I make. It's a formula; eggs, milk, grated cheese, shredded cheese, filler flavor ingredients. By filler flavor ingredients, I mean, bacon, mushrooms either sautéed or raw, I think shallots caramelized. The reality is that when I think about making Quiche it's because I have had everything else that week and I want a new spin. My refrigerator is already filled with the leftovers of things I like. Check your fridge, I bet you too. Today, as I write this to you, my Quiche contains: Shredded Jersey Girl cheese, grated parmesan cheese, crumpled up bacon, grilled zucchini, grilled eggplant, asparagus spears, fresh chopped shallots and cooked shitake mushrooms with thyme. All of these ingredients go beautifully with eggs.

I am a stickler for the parchment paper method. Scan the code for the instructional video. Using parchment creates walls for the Quiche/Cake to "climb" as it cooks. And for you friends who are a little anti tin foil, it's perfect for a non-stick on every baking surface, use parchment to reheat French fries, you will see the difference it makes. This technique can be seen in the videos I am posting for you. It is also included in

the Lemon Cheesecake video and the Flourless Chocolate Cake video. Check these out by scanning the QR Codes listed. The point to all of these recipes is that they are brought to you by the ease of eggs.

Waterbath is a term I'm sure you've heard. I have mentioned it many times when writing to you before; it's a simple contraption you create in your kitchen to help certain foods cook evenly. This is very important when baking with eggs. A waterbath is created by choosing a larger pan then the one you are baking in, place a kitchen towel in between the two pans and then fill the larger pan up half way up the height of the smaller pan inside. I use either water I have boiled in a kettle; the pouring spout helps me keep from spilling. Or I sometimes get the kitchen sink water as hot as it can get. Both methods work. If your parchment walls are high enough this will help you keep water out of the dish you are cooking, which is very important. Just remember 350 degrees for a minimum of 45 minutes (if deep) and a bunch of eggs can provide a feast! Use butter to line a shallow dish if you're not using parchment. If you are using a shallow dish, then check after 20 minutes. I like 'em tall and deep. Cook until the top is golden brown, the sides are pulling away from the parchment paper and knife stuck into the center comes out clean. Everyone's

oven is different. The difference in depth and height is significantly leveled by the use of the water bath.

Line the pan. Then chop the flavor ingredients and put them into the now lined pan. Then start with six eggs and scramble them good, beat them like they owe you money, add a dash of milk, or half and half or cream, whatever you have in the house, to the eggs. A dash of garlic powder can work wonders here and any herbs like chive or thyme, rosemary. Anything you may have in the herb department leftover may add zing when chopped and added to the egg mixture. If nothing else, add your taste of salt and pepper. If you like a hint of fire, add a dash of cayenne pepper. It's been my experience that when I am using bacon and cheese, everything else simply fits in lovely.

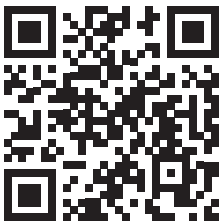
Please scan the different codes to watch the different uses for eggs and techniques and recipes. (Thank you Ed.)

I write this column as a thank you to my hens, all of the girls I have had over the years. Taking the chickens onto The Bethanny Show; "There's no cock in my backyard", having to give one of them a bath and a blow dry in the green room. Measuring them for a rainbow of sweaters with Loricohen@optonline.net, fixing their boo boos, and always thinking of what's best for them. Thank you for all the eggs, and eggcitement, and eggertainment, eggcetera, eggcetera.

Ivey's Zesty Lemon Cheesecake



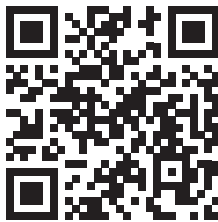
Ivey's Flourless Chocolate Cake



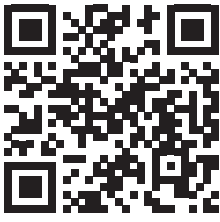
Iveys Zesty Lemon Cheesecake



Ivey's Little Egg Makers



Ivey's Flourless Chocolate Cake



Ivey's Yuymmy Little Pumpkin Pots

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* You are left with a prepared dinner and a set table