



## February 2001 - From Your Valentine recipes

A phrase that has lasted through the centuries dated back to 5<sup>th</sup> Century, Rome. The Lupercian festival was traditionally during mid February, an ode to the God of fertility and a celebration of sensual pleasure. In AD 496, Pope Gelasius outlawed the pagan festival, but replaced it with a similar celebration, for which he needed a 'lovers' saint.

The martyred Bishop Valentine was chosen as the patron saint.

Saint Valentine was then beheaded for marrying young lovers, against the wishes of the mad emperor Claudius. Before the execution, Valentine himself had fallen in love with his jailer's daughter. He signed his final note to her, "From Your Valentine".

So the concept of celebrating true love became known as Valentine's Day and what a better way to share this day than with a dreamy indulgence for your valentine, breakfast in bed.

### Passion-fruit mimosas

1c Chilled Champagne  
1/2c Chilled Passion-fruit juice or nectar.  
-divide Champagne between 2 glasses and top with juice.

### Herbed yellow pepper scrambled egg with chive sour cream on brioche.

2small Brioche rolls  
-if these can not be found, try a croissant.  
-cut of the top 3/4 inch, place on baking sheet and toast in middle of oven @ 350\*.  
-while toasting  
5lg Eggs  
1 1/2t Fresh chives-chopped  
1/4t Fresh tarragon-chopped  
-whisk together.  
1T Butter  
-melt in a non-stick skillet over moderate heat.  
1 Yellow pepper-cut into 1/4" dice  
-cook in butter 'til soft.  
-add eggs, stir until just cooked through.  
2T Sour cream  
Salt and Pepper to taste  
-stir in and cook 'til just heated through.  
-divide brioche and eggs on two plates. And top with a chive sour cream.

### Chive sour cream.

2t Fresh Chives-chopped  
1/4c Sour cream  
Pepper to taste.  
-whisk all the ingredients together.

### **Broiled brown-sugar apples with bacon**

2 McIntosh apples

-cut crosswise in 1/3" slices, remove core from each slice. Arrange on greased baking sheet in one layer, keep in order.

3T Brown sugar-packed

-sprinkle on the apples. Broil 4-6" from heat for 2 mins, 'til caramelized.

1/4lb Bacon(4 slices)

-cooked 'til crisp and chopped.

-stack the apples in order, sprinkling each layer with the bacon to for 2 whole apples.

-place on a greased baking sheet and reheat 15 mins @ 350\*.

### **Macerated grapes in clove and cinnamon syrup.**

2lbs red seedless grapes-rinsed

-keeping grapes on stems, poke each grape several times with a wooden pick and place in a heat proof bowl.

2c Sugar

4c water

1t Whole cloves

3 Cinnamon sticks-halved

-heat last 4 ingredients and bring to a boil. Pour hot syrup over grapes. Leave at room temperature, gently turning occasionally for 1 hour. Chill covered for 2hrs to 2 days.

### **Cappuccino or Tea**

What would breakfast be with out an excellent cup of coffee or a cup of Earl Grey Tea.

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