



## Sausage & Cheese Muffins

*Makes 5*

1 egg  
1/2 cup buttermilk  
2 tablespoons melted butter  
Big pinch salt  
Pinch pepper  
1 cup bisquick  
3/4 cup cheddar cheese  
1 1/2 frozen sausage patties (use hand to break into small bits directly into bowl)  
1/2 scallion, snipped  
Leaves from 3 stalks of thyme

Preheat oven to 375 degrees convection

Heavily spray muffin tin.

Crack egg into medium bowl and use fork to gently whisk. Stir in buttermilk, butter, salt and pepper. Stir in Bisquick, just until combined, do not overmix. Add cheese, sausage, scallion and thyme and give gentle stir, just to combine.

Using leveled muffin scoop, add batter equally into 5 muffin wells.

Bake for 7 minutes, rotate pan and bake until 7 minutes until tops are golden and toothpick comes out clean.

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## French Toast Casserole

*Serves 3*

1/8 c brown sugar  
2 T butter  
1/3 c milk  
1 t vanilla  
1 t cinnamon  
2 eggs  
3 slices thick bread

Preheat oven to 375 degrees convection.

In a medium bowl melt butter in microwave safe bowl.

Add brown sugar and stir to dissolve. Add milk, vanilla and cinnamon and stir to combine. In a separate bowl, crack eggs and gently whisk with fork to scramble.

Pour eggs into bowl with other ingredients.

Spray a small square tin well with cooking spray. Using hands, tear bread into bite size pieces and lay in bottom of tin. Pour liquid mixture over bread and use fork to gently tamp down bread so that it is submerged.

Bake for 20-25 minutes, until set and golden brown on top.

Let rest for 5-10 minutes, then serve with powdered sugar and/or maple syrup.

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