

SAUSAGE BROCCOLI BISQUE

If you're not a fan of sunny-side-up eggs, that's ok, but you're really missing out.

That's ok. I forgive you.

Make an over-light instead. Flip the eggs & you have eggs over-light in less than 30 seconds.

This is a dish that will inspire you to get imaginative with everyday mundane dinners.

Creativity never hurts, I promise!

WINK

WINK

STEPS

This might sound like a ridiculous Shake-Up, but have faith, it absolutely works.

No, that's not correct, it doesn't work, it shines!

Make sure you get home early to make this meal. It's tremendously complex!

1

Using thongs or a spoon for that matter, remove the chopped sausage from the Chowder & package that up for another purpose – or **NOT...***

2

Now pour your **COLD** Chowder into a blender & zap it until it's silky smooth. With this dish, however many servings you are making is how many cups of Chowder you'll need.

***NOTE - It's important that you blend the Chowder when it's cold. If you blend hot food, it can literally blow the lid off & burn you.**

Once the Chowder is at the consistency that pleases you, warm it in a saucepan. This will take, maybe 2 minutes.

I really, really like a sunny-side-up egg - on almost anything. If you enjoy eggs, I highly suggest that you top this bisque with an egg. The runny yolk is a sauce on its own & you get the benefit of protein from the white of the egg as well.

Speaking of eggs, here is how you make them sunny side up. If you've been unsuccessful in the past, or are just intimidated, stay with me here, this is full proof



TOAST POINTS FOR DIPPING INTO THE BISQUE & YOLK.

Close Your Eyes & You Might Be Transported to A Parisian Bistro or An Equally Delicious & Charming American New York City Brasserie.

3

- ⌘ Crack your eggs into a lightly oiled skillet that is barely warm – cold is even ok.
- ⌘ Turn the heat up to medium-low & don't touch them – other than season with salt & pepper.
- ⌘ When you see the whites coagulate/turn opaque, put the pan of eggs, under your broiler for exactly 2 minutes. Make sure that you are using a pan that is safe to use in the oven.

Look at that. Eggs are done, Chowder is warm & it's time to eat.

TIPS



♦ Note: *If you chose to remove the sausage from the Chowder prior to pureeing it, think breakfast...

Sausage in your scrambled eggs
- Sausage cheese toast or sandwich. - Sausage on top of your oatmeal or grits, etc.
The tasty possibilities are endless.

Full disclosure – I leave in the sausage.

Once it's all blended, the finished bisque is much smoother than you would believe!

Decadent is the word that comes to mind. More importantly, decadence is what lands in your bowl

**THAT'S ONE SWIFT
HEALTHFUL
DINNER!**