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OHIO POULTRY ASSOCIATION SERVES UP MAKE-AHEAD BIG-BATCH RECIPES THIS HOLIDAY SEASON

Tips, Tricks, and Recipes to Help Reduce Stress During the Holidays

COLUMBUS, Ohio (December 19, 2016) – Breakfast is often referred to as the most important meal of the day, but it is also the meal most often skipped by families. To help solve this problem, the [Ohio Poultry Association](#) (OPA) is serving up big-batch, make-ahead breakfast recipes to help Ohio families cut down on cooking time, save on costs, and make morning routines more manageable this holiday season.

“Preparing and cooking a nutritious holiday meal can be intimidating and time consuming,” said Jim Chakeres, OPA executive vice president. “Eggs are the perfect ingredient for your holiday dishes because they are affordable and contain 13 essential nutrients, nine essential amino acids and six grams of high-quality protein. They are also versatile and can reduce stress by allowing families to incorporate them into make-ahead dishes that can be stored in the freezer for weeks at a time.”

Below are a few tips from Ohio’s egg farmers to help with planning, shopping and preparing the perfect make-ahead meal in the kitchen this holiday season:

- Pour the egg mixture on top of the layers of meats, cheeses and vegetables. This helps the egg mixture soak into the ingredients and ensures the dish is moist. Dishes should be cooked until an internal temperature of 160° Fahrenheit is reached to prevent the risk of foodborne illness.
- Reduce stress in the morning by making a breakfast casserole days, or even weeks, ahead of time. Freeze it after baking. Just make sure to eat the casserole within two to three months.
- Use large eggs in holiday baking! Using a different size egg, without making an adjustment, will affect texture, flavor and consistency. If you don’t have large eggs, [use this conversion chart](#) to see how to substitute a different size.
- Use an inexpensive egg separator or a funnel to separate eggs, rather than passing the egg yolk back and forth from the shells or your hands, to avoid contamination when a recipe calls for only egg whites or yolks.

Make-ahead breakfasts are low-effort, big-impact recipes that deliver a stress free meal during the work week. This allows consumers to prepare restaurant-style meals, while keeping morning routines more manageable. A few festive dishes to choose from this holiday season include recipes developed by Ohio food bloggers, including an [Eggnog Dutch Baby](#) by Lemons For Lulu, [Overnight Eggnog French Toast](#) [Bake with Cranberry Maple Syrup](#) by A Cedar Spoon, and [Overnight Cinnamon Rolls with Cream Cheese Frosting](#) by Neighborfood. More make ahead recipes are available on www.OhioEggs.com.

“Many families work hard during the holiday season and we hope these tips and recipes will help consumers save time and money,” said Chakeres. “During the holidays and year-round, egg farmers are proud to provide Ohioans a safe, high-quality, nutritious food supply.”

Ohio is the second-largest egg farming state in the nation, producing more than 9 billion eggs a year. The total value of eggs produced in Ohio is more than \$1.2 million and egg production is responsible for the creation of 10,860 jobs annually and \$409 million in earnings. For more information on Ohio eggs, recipes or nutritional benefits, visit the OPA website at www.OhioEggs.com.

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See full recipes listed below.

Eggnog Dutch Baby

¼ stick of butter
4 eggs
1 cup eggnog
1 cup flour
Pinch of salt
1 teaspoon vanilla
½ teaspoon nutmeg
1 tablespoon sugar

- Preheat oven to 400
- Place the butter in a cast iron skillet and place the skillet in the oven while it preheats.
- In a blender combine eggs, eggnog, flour, salt, vanilla, nutmeg and sugar. Blend until combined.
- When oven is ready, swirl butter to coat the entire pan. Pour the batter into the hot skillet and bake the Dutch baby for 20-25 minutes or until golden and puffed.
- Top with powdered sugar and whipped cream.
- Serve immediately.

Overnight Eggnog French Toast Bake

1 (12-14 ounce) loaf french bread, sourdough bread, or challah {day old bread works best}
1/2 cup dried cranberries
8 large eggs
2 and 1/2 cups eggnog
1 teaspoon ground cinnamon
1/4 teaspoon allspice
1/4 teaspoon nutmeg
1/4 teaspoon cloves {optional}
3/4 cup packed light brown sugar
2 teaspoons pure vanilla extract

STREUSEL TOPPING

1/2 cup packed light brown sugar
1/2 cup all-purpose flour
1 teaspoon ground cinnamon
5 Tablespoons unsalted butter, cold and cubed

1/2 cup pecan halves

Garnish with powdered sugar, extra pecans and dried cranberries

CRANBERRY MAPLE SYRUP

1 cup cranberry sauce {homemade or store-bought}

3/4 cup maple syrup

HOMEMADE CRANBERRY SAUCE

1 bag of fresh cranberries

1 cup water

1 cup sugar

- Grease a 9x13 pan with butter or spray with nonstick spray. Slice then cut the bread into cubes, about 1 inch in size. Spread cubes into the prepared baking pan and top evenly with the dried cranberries. Set aside.
- Whisk the eggs, eggnog, cinnamon, allspice, nutmeg, cloves {optional}, brown sugar, and vanilla together until the sugar dissolves. Pour the liquid over the bread. Cover the baking dish tightly with plastic wrap and put in the refrigerator for 4 hours but ideally overnight.
- Preheat oven to 350°F. Remove the french toast bake pan from the refrigerator and take off the plastic wrap.
- Prepare the streusel topping {this could be done the night before}. Whisk the brown sugar, flour, and cinnamon together in a large bowl. Using two forks cut in the butter. Sprinkle the streusel topping over the bread. Sprinkle pecans over the french toast bake.
- Bake for 45-50 minutes or until golden brown on top.
- Prepare the homemade cranberry sauce: Boil the water and sugar until the sugar is dissolved. Add the cranberries and simmer on medium heat until the cranberries pop. Cool and pour into a mason jar for storage.
- Serve warm with powdered sugar and extra pecans along with a drizzle of the cranberry maple syrup.

Overnight Cinnamon Rolls with Cream Cheese Frosting

ROLLS:

2 packages (or 1 1/2 Tablespoons) fast rise instant yeast

1 cup warm water (aim for 105 to 115 degrees)

2 Tablespoons sugar

2 cups whole milk

6 Tablespoons butter

3 eggs, beaten

1 teaspoon salt

1/2 cup sugar

8 cups bread flour, plus more for sprinkling

FILLING:

1 cup brown sugar

1/2 cup white sugar

3/4 cup (1 1/2 sticks, 12 Tablespoons) unsalted butter, at room temperature

3 1/2 Tablespoons cinnamon

FROSTING:

1/2 cup (1 stick, 8 tablespoons) butter, at room temperature

12 ounces cream cheese, at room temperature

2 1/2 cups powdered sugar

Splash heavy cream

2 teaspoons vanilla

1/2 teaspoon salt

- Add the water to the bowl of an electric mixer then stir in the sugar and yeast. Allow the mixture to sit for 10-15 minutes while you prepare the milk. The mixture should foam up quite a bit. If it doesn't froth or foam, your yeast might be bad, and you'll want to start over.
- Meanwhile, heat the milk to just below boiling, then stir in the butter, allowing it to melt. Allow the mixture to cool to warm.
- Stir the beaten eggs into the yeast mixture. Pour the cooled milk mixture into the yeast mixture in a steady stream, whisking constantly. Whisk in the remaining 1/2 cup of sugar and the salt.
- Add half of the flour to the bowl, using a spatula or spoon to combine. Add the remaining flour (up to 8 cups) and stir, then switch to the dough hook and beat until well combined. Continue to beat with the dough hook until the dough is soft, about 6 minutes. If the mixture is still very sticky, beat in up to another cup of flour. The dough should be tacky and springy, but should release from your finger when you touch it.
- Place the dough in a greased bowl, cover loosely with saran wrap, and place in a warm spot to rise for 40 minutes to an hour, or until doubled in size.
- Punch the dough down and turn it out onto a floured surface. Roll or press the dough out into a rectangle approximately 12 inches by 24 inches long. Pour the melted butter over top, spreading it evenly. In a small bowl, whisk together the sugars and cinnamon and then sprinkle that evenly over the top. Cut the rectangle in half so there are two 12 x 12 inch squares. Either roll each square into a tight log and then cut it into 12 slices using dental floss OR use a pizza cutter to slice the rectangle into 24 long strips, and roll each strip individually into a slice. Once the rolls are sliced, place them in a buttered dish, approximately 8 in a 9 x 13 inch pan or 6 in a 9 inch pie pan. Cover the rolls loosely with saran wrap. Refrigerate the rolls overnight, for 8-12 hours.
- In the morning, take the rolls out and allow them to rise in a warm place for 30-45 minutes, or until puffed.
- Preheat the oven to 350 degrees. Place the rolls in the oven and bake for 20 minutes, or until tops are golden and set. I recommend under baking just slightly so the rolls stay nice and soft.
- To make the frosting: Combine the cream cheese and butter in the bowl of an electric mixer. Beat on high speed until smooth. Beat in the powdered sugar, cream, vanilla, and salt. If you're serving immediately, the rolls can be frosted while still warm. Otherwise, store them unfrosted, then frost and reheat the rolls for a few minutes before serving.