



*Breakfast Egg
and Bratwurst
Strata*

This delicious breakfast dish is an excellent means to serving a houseful of overnight guests. Serves 6.

Ingredients:

- 1 tsp (5 ml) butter
- 2 medium-sized apples, peeled, cored and chopped
- ½ tsp (2 ml) ground cinnamon
- 4 Freybe Bratwurst sausages, cut into ¼ inch (.5 cm) slices
- 4 raisin and cinnamon English muffins, cut into 1 inch (2.5 cm) cubes
- 4 large eggs
- 1 ¼ cups (300 ml) 2% milk*
- 2 tbsp (25 ml) maple syrup
- 1 tsp (5 ml) ground cinnamon
- ¼ tsp (1 ml) freshly grated nutmeg

To prepare:

1. Lightly spray a 1 ½ L baking dish with cooking spray.
2. Melt butter in a large frying pan. Add chopped apples and sprinkle with ½ teaspoon (2 ml) ground cinnamon.
3. Sauté over medium heat until apples are slightly softened. Remove from heat and transfer to a large bowl.
4. Add sliced bratwurst and cubes of English muffins. Gently toss together until evenly distributed. Spread in prepared baking dish.
5. Combine remaining ingredients in bowl and whisk together to blend.
6. Pour over sausage and bread mixture and cover with plastic wrap.
7. Refrigerate for 2 hours or overnight.
8. Preheat oven to 325°F (160°C). Remove plastic wrap and bake strata in the centre of the preheated oven for 50 minutes or until centre of strata is firmly set.
9. Remove to a rack and allow to rest for 5 minutes before serving.

*Note: For an ultra rich strata, substitute table cream or whipping cream for 2% milk.