

THE HEARTY TASTES OF FALL

URBANDALE, IA – The cooler temperatures and crispness in the air are motivating to get cooking! The fall season provides up with an opportunity to experiment with all sorts of recipes. Savory stews, such as stewed bulgar and celery with poached eggs, a cozy hashbrown crusted quiche with sausage, and a light and fluffy pumpkin angel cake. Enjoy the hearty tastes of Fall!

Stewed Bulgur and Celery with Poached Eggs

INGREDIENTS:

2 teaspoons extra-virgin olive oil

1/2 teaspoon crushed red pepper

4 cloves garlic, minced

3 Cups vegetable broth

1 Cup water

3/4 Cup uncooked bulgur

1/4 teaspoon salt

1 bunch celery, chopped into small pieces (about 1 pound)

1 Tablespoon fresh lemon juice

1 Tablespoon white vinegar

6 eggs

1.5 ounces parmesan cheese, shaved (about 6 Tablespoons)

¼ teaspoon black pepper

DIRECTIONS

Heat a large Dutch oven over medium heat. Add oil to pan; swirl to coat. Stir in red pepper and garlic. Cook 1 minute. Add broth and 1 cup water. Bring to boil. Stir in bulgur and salt. Cover and simmer 10 minutes. Add celery. Cover and simmer 12 minutes or until celery is tender. Stir in lemon juice. Ladle stew evenly into 6 shallow bowls. Poach eggs by using a large saucepan or skillet. Add 2-3 inches of water. Bring to boil. Reduce heat to simmer. Add vinegar (the acid helps the egg coagulate around the yolk). Break each egg into a custard cup and gently pour into the pan. Cook 5 minutes, or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon. Place 1 poached egg on each serving of stew. Sprinkle evenly with cheese and black pepper.