

Creamed Eggs on Waffles

(Serves 4 to 6)

Description:

The parmesan cheese and chopped hard-boiled eggs make this a rich and flavorful sauce to go over waffles and is a delightful entre for any breakfast or brunch.



Ingredients:

- 8 Tablespoons Of Margarine
- 8 Fairly Liberal Tablespoons Of Flour
- 3 Cups Of Milk
- 1/2 Cup Parmesan Cheese
- 1 Teaspoon Worcestershire Sauce
- 1/2 Teaspoon Garlic Powder
- Salt And Pepper To Taste
- Sugar (optional: sprinkle in a little at the end to taste, just don't overdo it)
- 1/4 Cup Cooking Sherry More Or Less To Taste (Optional)
- 10 Eggs (Hard-Boiled And Sliced)

Directions:

1. Make sure the cheese is grated and the eggs chopped before you start the sauce. You add them as the sauce is thickening and the sauce won't wait for you while you shred cheese and chop eggs.
2. It starts similar to a basic white sauce.
3. Melt the butter over medium heat in a medium to large saucepan.
4. Remove it from the heat while you add the flour. It is very critical that the butter not be too hot, just warm enough to melt. If it's too hot it will cook the flour/butter mixture and then it won't blend into the milk.
5. Mix the flour and butter until you have a smooth paste and there is no dry flour or clumps left.
6. Gradually add the milk, blending it as you go (a wire whisk works best for blending but you will need a mixing spoon to stir the bottom occasionally). There is a basic rule here about anytime you are mixing a cold liquid with a hot roux. If you don't blend it as you go you will have lumps that will not cook out. You can't avoid little lumps while you're mixing but they will melt back into the sauce once the milk gets warmed to the temperature that the butter started out at. If you pour all the milk in at once you will have a dreadfully gloppy sauce.
7. After you have thinned it out pretty well then you can put it back on the heat and add the rest of the milk.

8. You can add the milk a little more quickly once the roux has been thinned out as long as you continue to stir. The temperature at which you cook it needs to be medium to medium high but you have to adjust that to the stove that you are using. It is very important that you stir almost non-stop while it's thickening or you will have dumplings instead of sauce. Be sure to stir the bottom of the pan because it will tend to thicken at the bottom first and if you don't stir back in promptly it will harden. Making a smooth sauce requires a lot of TLC while cooking the sauce.
9. Keep at it until the milk starts to get warm and the sauce starts to thicken at places other than the bottom.
10. At the point where it's starting to thicken but not completely thickened yet you put in the eggs and other ingredients.. Now just keep stirring until the sauce thickens up and the cheese is melted.

Make your favorite waffle recipe. Some recipes call for sugar, if so, leave it out. You can also use your basic frozen waffles. Pour the sauce over the waffles instead of syrup. Top with bacon bits if you like. Some people put it over toast or English Muffins but I love it on waffles.