

# Kentucky Farm to School Junior Chef



## Bear Paw Quiche

*Harlan County High School*

### **Ingredients:**

For Turkey Sausage

**1 lb** Ground Turkey  
1/4 tsp Ground Sage  
1/2 tsp Ground Thyme  
1/2 tsp Ground Marjoram  
1/8 tsp Paprika  
2 tsp Mrs. Dash Herb  
1/8 tsp Ground White Pepper  
**1/4 Cup** Onion, chopped fine

For Biscuits

**1/2 Cup** Butter, salted (softened)  
**2 Cups** Self-rising flour  
**3/4 Cup** Buttermilk (FF)

For Bear Paw Quiche

6 Turkey Sausage (see recipe)  
6 Biscuits  
**1 Cup** Shredded Swiss Cheese  
**1 Cup** Shredded Cheddar Cheese  
**1/4 Cup** Zucchini Shredded

**1/4 Cup** Red Onion, chopped fine  
**1/4 Cup** Mustard Greens, Chiffonade  
**6** Eggs  
**1/4 Cup** Milk  
**6-8 Tbsp** Sorghum Molasses

**1/4 Cup      Yellow Squash diced**  
**3/4 Cup      Red Bell Pepper Diced**

Sage Leaves

**Directions:**

For Turkey Sausage:

Mix spices and ground turkey. Brown turkey to 165 ° F. Halfway through (at 85 ° F) add onions and stir, cooking to 165 ° F. Remove from heat and set aside.

For Biscuits:

Cut 1/2 cup butter into flour with pastry blender until mixture resembles coarse meal. Add buttermilk, stirring until ingredients are moistened. Place dough on lightly floured surface and knead 3 or 4 times.

Roll dough out to 1.2 inch thickness. Cut 6 rounds with biscuit cutter. Roll each biscuit into a 5 inch round on floured surface. Spray muffin pan and place biscuits in muffin pan.

For Bear Paw Quiche:

Heat oven to 350 ° F. Prepare sausage according to recipe, set aside to cool. Prepare zucchini, squash, bell pepper, mustard greens and mix well with sausage when cool. Prepare cheese. Beat eggs and milk in medium bowl until blended.

Prepare biscuit dough according to recipe. Roll out to 1/2 " thickness. Cut 6 rounds with biscuit cutter. Roll each biscuit to 5" round. Press into muffin tins leaving the center open. Press biscuits firmly against the bottom and sides.

Spoon  $\frac{1}{4}$  cup of sausage/vegetable mixture into each biscuit shell. Add 2 Tbsp. cheese atop sausage mixture. Pour in egg mixture evenly. Sprinkle small amount of cheese on top of egg mixture.

Bake at 350 ° F until filling is set and biscuits are gold brown, 25 to 35 minutes. Rotate the pan halfway through the cooking process.

Remove from pan and serve warm with fresh zucchini, bell pepper, yellow squash sticks, fresh sage leaves and condiment serving of sorghum for dipping.