

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 19: Leftovers with Eggs & Ghee

From Chef Hans: I tend to get into the habit of cooking more than I need when it comes to rice and grains as I can use the leftovers for a future meal or recipe. By having the ingredients ready in the fridge, and by keeping them neutral of flavors (no salt or spices added), I can utilize them as a canvas in my next meal.

Ghee is clarified butter that is lactose free, which is ideal for anyone who cannot process a lot of dairy. Garlic not only adds a ton of flavor to any dish but it is also a natural anti-fungal and anti-microbial. It also flavors the ghee by adding it early into the cooking process. By not fully cooking the spinach or greens, it will retain the nutritional properties and digestive enzymes that the body needs to break them down.

Serves 2

INGREDIENTS:

- 1 tablespoon ghee
- 1 clove garlic, chopped
- Hans' Out of the Blue seasoning OR salt & pepper, to taste
- 1 cup short grain brown rice, cooked & chilled OR any leftover rice or grains
- ½ cup Chinese water spinach OR your favorite greens
- 2 eggs, beaten

DIRECTIONS: On a medium-high heat, add the ghee to a non-stick pan and let it spread out over your pan. Sauté the garlic until fragrant, about a minute. Season the ghee & garlic with the salt seasoning. Turn your heat down to a simmer and add the leftover rice or grains. Add your greens so that they will have plenty of time to be “threatened.” Add the eggs and keep moving it around with a non-stick spatula in order for all of the egg to cook. Once it has all been evenly spread out, cover the pan and continue to cook for about a minute. The steam will allow the egg to set. Flip the entire frittata, or “egg pizza,” over. Turn off the heat, cover the pan, and let sit for another minute. Serve onto a large plate, cut into halves or quarters, and enjoy!