

**Guest Recipe of the Month:
Fried Eggs & Frico with
Polenta**



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Compliments of the Laurie Conrad at Blue Daisy, LLC

Fried Eggs & Frico with Polenta

- ½ cup cheddar cheese (shredded)
- ½ cup Parmesan cheese (grated)
- ½ cup cooked polenta
- 1-2 tablespoons olive oil + more as needed
- 1 teaspoon garlic (minced)
- 2 large eggs (cage free)
- 2 cups torn greens (kale, chard, collard)
- Sea salt & pepper to season

Directions:

Heat a large skillet over medium heat. Add a tablespoon of olive oil and the garlic. Cook for 1 minute.

Combine the cheeses together and assemble two separate circles of cheese in the skillet. Cook for about 2 minutes, until the mounds melt into rounds.

Evenly spread the polenta over the cheese fricos and drizzle with olive oil.

Crack an egg over each mound and season with salt and pepper.

Make a wreath around the pan with greens. Add more olive oil if needed.

Cook until greens are wilted and egg is set.

Transfer to a plate

Enjoy!

About Laurie Conrad:

Anyone who has had a class with me, knows that I keep things lighthearted, fun, and educational. For those of you, who have not had the opportunity present itself yet, allow me to introduce myself. My name is Laurie Conrad and I am a private instructor through my business The Blue Daisy.



It wasn't until college that I was really able to appreciate and understand the importance of gastronomy. Struggling to find a 3 credit class in-between 5 credit Organic Chemistry and Physics classes, I stumbled upon a Food Science class, which changed my outlook forever. This course encompassed

everything from the history of salt, to why bread rises, and who has the taste buds to taste cilantro. The information given to me as a student, I pass on to you when you attend a class of mine. Knowing what I know, I am willing to pay that crazy price for a jar of salt or jam, because sometimes ingredients are hard to come by or the labor of love it takes to produce it is equally as worthy.

After school, I worked in the medical field, but soon returned to my passion of cooking. I was the resident chef for Williams Sonoma and was an instructor for Whole Foods to name a few. As luck would have it, I was fortunate to connect with Janice Thomas from the Savory Spoon after both a hilarious and disastrous cooking class she attended. From that point on, I have been with her ever since. That was close to 15 years ago, WOW!!



All chefs really try to embrace local, organic as often, and flavorful dishes. What sets me apart from my colleagues is the skillset and knowledge I bring to class. Everything from the anatomy of knives, to the history of the chickens.

Over the last few years, I have been raising different breeds of chickens. Nothing beats cage free farm fresh eggs! And no different than us, what we eat, and how we live is what determines the quality of an egg.

Please enjoy the following recipe and some photos of my girls. I look forward to teaching classes at The Savory Spoon and hope you have the chance to attend one of mine or any of the other amazing classes.

Cheers,
Laurie

