

Round Three - Worksheet

1. Grind oats for your Fall-Flavored Carrot Cake Pancakes into flour using your [Food Processor's](#) blade. Put directly into the [stand mixer's](#) bowl. Now that you've gotten the "dry ingredient" part out of the way, you can proceed to use this miraculous example of modern wonder for your other ingredients.

****Neurotic Mother/Physician tip:**

Whenever I batch-cook, I always organize my recipes so I proceed from dry to produce, then to ingredients with more moisture (cheese, for example), then to "dirty" ingredients (doughs containing eggs, for example) so that I don't have to take extra time and interrupt my cooking to wash scrupulously between steps/recipes - nobody cares if they find a shred of carrot in their quiche, right?

2. Start up your Banana French Toast Casseroles. Line up your [baking dishes](#) (and I will love you forever if you tell me you made all four casseroles at once!) and throw a sheet of parchment paper in each one - say a little prayer for my continued good health, because I didn't make you butter a single dish.
3. Crack all your eggs at once to avoid having to touch the damn things again - three tupperwares, for three different recipes, so you can pop the lids on them and throw them back in the fridge while you prep everything else.
4. Assemble the Banana French Toast Casseroles, and pour your egg mixture over them. Cover them with Saran wrap or tin foil, and throw'em in the fridge for a couple of hours.
5. Slice your mushrooms (you guessed it! I'm going to suggest you use your Food Processor's slicing disc, because I have a better relationship with mine than I do with most of the human beings I know), season them in a [BIG bowl](#), and throw them on the [dehydrator](#). Walk away, knowing you've already made two of the damn dishes. Probably too early for wine, though.
6. Shred your two pounds of carrots. Painfully, painstakingly, lovingly, by hand. Or cackle with mad glee as you feed them to your Food Processor's grating attachment, and are done with in two minutes. Throw that in its own bowl, and proceed to ...
7. Shred the Swiss cheese (or Cheddar, you rebel, you!). Same story - I use my Food Processor. Rinse and repeat. Throw your cheese in another big bowl.
8. While you are exerting your ever-powerful influence on the world around you through the marvel of technology that is your Food Processor, cram those spinach leaves in a bowl with a splash of water and cook them down so you can give them a rough chopping. Mix your beautifully-shredded cheese in, including the parmesan.
9. Preheat oven to 375 degrees F.
10. Blend (or whisk by hand, if your blender is on the smaller side) your quiche egg mixture.
11. Distribute the spinach-cheese mixture into paper-lined muffin tins, according to sizes in recipe, and pour egg mixture over them. Pop quiches in oven for assigned time. (Remember to reserve egg mixture and spinach mixture if you're making an extra full-sized quiche or two for dinner tonight).

Menu

1. Fall-flavored Carrot Cake Pancakes
 2. Banana French Toast Casserole
 3. Crustless Spinach Mini Quiches
 4. BONUS snack: Breakfast cookies
 5. BONUS snack: Mushroom chips
12. Start up your large double-burner griddle over medium heat. Please tell me you have a large double-burner griddle, and not an assortment of small pans, because I love you, and I really want you to finish cooking before you reach the point where you're howling and cursing my name. This is [the one I've owned for almost 16 years now](#), and despite rigorous use several times a week, it will probably still look as timelessly young as Bob Costas the day I die.
 13. Back to your [stand mixer](#)! Throw the dry ingredients in there for your pancakes, whisk your wet ingredients together (you could even blend them together in your blender, because you had eggs from the quiche in there anyway, right?), and pour into your stand mixer to incorporate.
 14. Add chocolate chips, raisins, and whatever other goodies you decided to use in your pancakes batter, and start cooking your pancakes.
 15. If you haven't already checked on your quiches, this is probably a good time to do so. The pancakes will wait a few minutes. You can arrange your quiches on a jelly roll pan as soon as they're all set, and throw them in the freezer to start Flash Freezing.
 16. Lower your oven temp to 350 F.
 17. Once you're done with your Carrot Cake Pancakes, pull your Banana French Toast out of the fridge and throw it in the oven.
 18. If you decided to make quiche for dinner, you can put your frozen crust in the oven to start cooking now, as well (unless you made a shit-ton of French Toast Casseroles and they're occupying your entire oven ... in which case, I love you more than I ever thought possible).
 19. It's no longer too early for wine. Have some, because you earned it, dammit, and you're probably not even ready to check on your mushrooms yet. If wine's not your thing, pull out a smoothie pop from Round 2 and go to town. Because Ice Cream.
 20. Check your phone, text your friends a selfie, then take your casseroles out of the oven and start Flash Freezing your pancakes, because your quiches are probably ready to get packed.
 21. Take pictures of every stinking morsel, and Instagram it with the hashtag #EmisLunches - make sure to tag me [@emiponcedesouza](#), because Aubrey Tell told me to say so, that's why. Feel free to send me a picture as well, to include in our Hall of Glory. Azra K is our Hall's current Queen.
 22. Don't forget those mushrooms! You'll probably be ready to pack the pancakes and start Flash Freezing the French Toast slices by then, as well. You're welcome.