

Eggs

Natural Protein





Individual Raspberry Meringue Trifles

Meringue

4 egg whites
 ¼ tsp (1 mL) cream of tartar
 1 cup (250 mL) sugar
 ½ tsp (2 mL) vanilla extract

Custard

1 cup (250 mL) sugar
 ¼ cup (50 mL) All-purpose flour
 Dash salt
 3 cups (750 mL) 2% milk
 4 egg yolks
 1-2 tsp (5-10 mL) raspberry or vanilla extract
 1 ½ - 2 cups (375-500 mL) fresh raspberries

Topping

2 cups whipped cream
 Chocolate garnish (optional)
 Mint leaves

In a large bowl, beat egg whites and cream of tartar until soft peaks form. Gradually add sugar. Continue beating until stiff, glossy peaks form. Beat in vanilla. Spoon mixture onto foil-lined baking sheet. Spread evenly over pan. Bake at 250°F (120°C) for 2 hours. Remove from oven and let cool. In a medium-size saucepan, combine sugar, flour and salt. Add milk and egg yolks and whisk to combine. Place over medium heat, stirring constantly until mixture comes to a boil and thickens. Remove from heat. Stir in raspberry or vanilla extract. Cover top with plastic wrap. Cool in refrigerator.

Break meringue into small pieces, about ½ inch (1.5 cm) in size. Spoon 2 tbsp (25 mL) of custard into each dessert cup or glass. Sprinkle each with some of the meringue pieces, followed by some fresh raspberries. Repeat layers. Top each dessert with whipped cream, raspberries and a mint leaf.

Makes 8-10 servings.

Mediterranean Appetizer

(image on previous page)

16 spears of asparagus
 1 tbsp (15 mL) olive oil
 4 hard-cooked eggs, sliced diagonally
 1 large red pepper, roasted or ½ cup (125 mL) roasted red pepper from jar sliced into strips
 2 tbsp (30 mL) balsamic vinegar
 2 tbsp (30 mL) olive oil
 2 tbsp (30 mL) freshly grated Parmesan cheese
 2 tbsp (30 mL) fresh basil, chopped
 Salt and pepper to taste

Preheat oven to 400°F (200°C). Trim ends off asparagus. Place asparagus spears on baking sheet and drizzle with olive oil. Cook for 7-10 minutes until tender crisp.

Divide asparagus, peppers and eggs among four plates. Just before serving, drizzle with balsamic vinegar and olive oil. Sprinkle with Parmesan cheese, basil, salt and pepper.

Makes 4 appetizers.

For nutrient analysis visit eggs.mb.ca

Eggs

Locally produced

The eggs available in Manitoba grocery stores are produced by egg farmers like the Siemens family from Rosenort, Manitoba.

Regulated egg farmers meet high standards in food safety and animal care.

Crack Open the Goodness

Eggs are one of nature's most nutritious foods. They are an excellent source of protein and contain 14 vitamins and minerals.

