



Savour
The
Flavour



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Eggs are often referred to as the glue that holds the castle of cuisine together. This booklet provides a delicious array of egg recipes from main entrees to desserts, compliments of your Manitoba Egg Farmers.

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Egg & Sausage Twist

8 oz (225 g) puff pastry
8 oz (225 g) Italian sausage meat
4 eggs, hard-cooked, chopped
1 small onion, finely chopped
1 tsp (5 mL) Italian Seasoning
Salt and pepper to taste
1 egg, beaten

Preheat oven to 400°F (200°C). Roll out pastry into oblong 30 cm x 25 cm (12 inches x 10 inches). Place on an oiled baking sheet. In a medium-size bowl, combine eggs and sausage meat; add onions, herbs, seasonings and incorporate. When thoroughly combined, spread mixture along centre of pastry. On the pastry, place tip of knife close to filling and slash pastry on either side of filling into strips about ½ inch (1 cm) wide. Brush with ½ beaten egg to seal pastry and prevent mixture seeping out. Wrap strips over filling, alternating the right-hand side with the left, until filling is completely covered. Tuck in edges. Brush with remaining egg and bake for 30 – 40 minutes.

Serve hot or cold.

Makes 10 servings.

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Did you know?

Egg whites contain only half of the egg's protein, so it is important to eat the whole egg to fully enjoy its energy boosting potential.



Eggcellent Biscotti

$\frac{2}{3}$ cup (150 mL) butter
1 $\frac{1}{3}$ cups (325 mL) sugar
3 tsp (15 mL) baking powder
 $\frac{1}{4}$ tsp (1 mL) salt
4 eggs
1 $\frac{1}{2}$ tsp (7 mL) vanilla or almond extract
4 cups (1 L) all-purpose flour
1 $\frac{1}{2}$ cups (375 mL) semi-sweet chocolate chips, melted and cooled
1 cup (250 mL) hazelnuts (filberts), finely chopped
2 tbsp (30 mL) orange peel, finely shredded

Preheat oven to 375°F (180°C). In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar, baking powder, and salt; beat until blended. Beat in eggs and vanilla. Beat in as much of the flour as you can with the mixer. Stir in remaining flour.

Divide dough in half and place in separate bowls. Stir melted chocolate and $\frac{1}{2}$ of the nuts into one bowl. Stir the orange peel and remaining nuts into the second bowl.

Divide each bowl of dough into 3 portions. With lightly floured hands, shape each portion into a rope about 14 inches long. Place a rope of each colour side by side on an ungreased cookie sheet. Twist ropes around each other several times. Flatten slightly to a 2-inch width. Repeat with the other ropes, placing twists about 4 inches apart on the cookie sheet. Bake biscotti in a 375°F (180°C) oven about 26 minutes or until lightly browned. Cool on cookie sheet for 1 hour or until completely cool.

Transfer loaves to a cutting board. Cut each loaf crosswise into $\frac{1}{2}$ -inch thick slices. Lay slices, cut side down, on the cookie sheet. Bake in a 325°F (160°C) oven for 10 minutes. Turn the slices over and bake 10 to 15 minutes more or until dry and crisp. Transfer cookies to a wire rack; cool.

Makes about 70 biscotti.

Going Green

Egg Farmers like Trudy and Abe Loewen are installing solar panels to power their layer farm.

The Loewen Family

Arborg, Manitoba



Sweet Potato Pie with Pecan Brown Sugar Praline

3 eggs
1 ¼ cups (300 mL) baked, mashed sweet potato or
1 can (540 mL) sweet potato, drained and mashed
½ cup (125 mL) firmly packed brown sugar
1 tsp (5 mL) cinnamon
½ tsp (2 mL) nutmeg
½ tsp (2 mL) powdered ginger
¼ tsp (1 mL) ground cloves
1 - 13 oz (370 mL) can evaporated milk
1 - 9 inch (23 cm) pie shell, unbaked
Brown Sugar Praline (recipe follows)
Whipped Cream, optional

Pre-heat oven to 400°F (205°C). In a large mixing bowl, beat together eggs, sweet potato, sugar and spices. Stir in evaporated milk. Pour into pie shell. Bake on bottom rack of oven for 35-40 minutes or until knife inserted into the centre comes out clean. If crust is browning too fast, reduce

temperature to 350°F (180°C) for the last 10 minutes. Transfer to a wire rack and cool completely. Garnish with Pecan Brown Sugar Praline. Serve with whipped cream if desired.

Pecan Brown Sugar Praline

½ cup (125 mL) packed brown sugar
½ cup (125 mL) pecans, coarsely chopped
2 tbsp (30 mL) butter, melted

Pre-heat broiler. Mix all three ingredients in a medium bowl. Sprinkle over cooled pie. Broil until topping bubbles, about 2-3 minutes. Watch closely so praline does not burn. Cool pie or serve at room temperature. If desired, serve pie with whipped cream.

Makes 8-10 servings





Eggs Benedict with Roasted Vegetables & Salsa

3 tbsp (45 mL) olive oil
1 red bell pepper, cut into ½-inch (1.5 cm) cubes
1 small zucchini, cut into ½-inch (1.5 cm) cubes
2 cups (500 mL) butternut squash, cut into ½-inch (1.5 cm) cubes
8-10 mushrooms, stemmed and quartered
1 small white onion, coarsely chopped
Salt & pepper to taste
8 eggs, poached
4 whole-wheat English muffins, split and toasted
½ cup (50 mL) salsa

Preheat oven to 425°F (220°C). Cover a baking sheet with non-stick foil. In a large bowl, toss vegetables in the olive oil. Spoon onto baking sheet and roast in oven 15-20 minutes or until vegetables are tender. Remove from oven and season with salt and pepper.

To assemble, set one split and toasted English muffin on each of the four plates. Top each slice with a generous serving of roasted vegetables, followed by a poached egg. Top the egg with a spoonful of your favourite salsa. Serve immediately.

Makes 4 servings

The Thiessen Family

Winkler, Manitoba



The Gaultier Family

Notre-Dame-de-Lourdes, Manitoba



2 cups (500 mL) all-purpose flour
1 tsp (5 mL) baking soda
½ tsp (2 mL) salt
1 tsp (5 mL) cinnamon
⅔ cup (150 mL) butter
⅔ cup (150 mL) peanut butter
1 cup (250 mL) sugar
1 cup (250 mL) brown sugar
2 eggs
1 tsp (5 mL) vanilla
1½ cups (375 mL) oatmeal
1½ cups (375 mL) raisins

In a medium bowl, combine flour, baking soda, salt and cinnamon. Set aside.

In large bowl, beat together butter, peanut butter, sugar and brown sugar on medium speed. Add eggs one at a time; beating well after each addition. Beat in vanilla. Gradually add flour mixture; blend well. Stir in oatmeal and raisins.

Drop by tablespoons (15 mL) onto parchment lined baking sheets. Bake at 350°F (180°C) for 12-15 minutes or until golden brown. Cool on wire racks.

Peanut Butter Oatmeal Cookies





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WE LOVE WHAT WE DO®



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