

Eggs

Treasured Favourites



From Manitoba Egg Farms to Your Table

I've always considered myself lucky to have grown up on a Manitoba egg farm. When the time came to buy the farm from my mom, I was proud to be able to carry on the traditions my parents created.

One of the values they instilled in me when I was growing up was to appreciate home-grown foods; in particular, the wholesome goodness of eggs. There was nothing quite like waking up to the aroma of fresh eggs and bacon in the morning. Eggs were an important ingredient in many dishes my mom made, from cakes and cookies to mouth-watering devilled eggs and scrumptious egg salad. Today, my wife and I carry on the tradition of making every day meals just a little more special with eggs.

As regulated egg farmers in Manitoba, we do our very best to meet your expectations by providing a choice of high quality eggs and by ensuring our laying hens are well looked after.

The egg recipes in this booklet have been specially selected just for you, and we're hoping they will become your family's favourites.

Kurt Siemens

Manitoba Egg Farmer

PS. Pink tarts are a personal family favourite.

Eggs Benedict

with smoked salmon

Enjoy a delicious twist to this traditional breakfast.

8 English muffins
8 eggs
8 slices smoked salmon
Butter for spreading

Hollandaise Sauce

½ cup (125 mL) hard margarine or butter
4 tbsp (60 mL) water
4 egg yolks
2 tbsp (30 mL) lemon juice
¼ tsp (1 mL) salt
Dash of cayenne pepper

For hollandaise sauce: Combine margarine and water in a 4 cup (1 L) microwave-safe liquid measuring cup. Microwave, uncovered, on high (100%) for about 1 minute until margarine is melted. Add egg yolks. Beat with whisk for 1 to 2 minutes until doubled in bulk. Add remaining 3 ingredients. Stir. Microwave on medium (50%) for about 1 minute, beating every 30 seconds to keep smooth. Sauce will be frothy and creamy. Makes 1 cup (250 mL).

To poach the eggs: Bring 3 inches (7.5 cm) of water to a boil. Reduce to a gentle simmer. Break one egg into a small dish. Gently slip egg into water. Repeat process with remaining eggs. Cook in barely simmering water for 3 to 5 minutes or until cooked as desired. Remove eggs one at a time with a slotted spoon.

Cut English muffins in half and lightly toast. Place slices of smoked salmon on top of each muffin. Drain poached eggs when ready and place on top of fish. Season with salt. Drizzle hollandaise sauce on top of eggs. Makes 8 servings.

See picture on front cover.

Savoury Muffins

A scrumptious meal in just a few bites!

1½ cups (375 mL) cooked broccoli (or thawed frozen broccoli), chopped
1½ cups (375 mL) cooked ham, chopped
1 medium onion, chopped
½ cup (125 mL) grated Parmesan cheese
6 eggs
½ cup (125 mL) vegetable oil
1¼ cups (300 mL) all-purpose flour
1 tbsp (15 mL) baking powder
1 tsp (5 mL) dried oregano
1 tsp (5 mL) parsley leaves
½ tsp (2 mL) dried thyme leaves
¼ tsp (1 mL) garlic powder

Preheat oven to 375°F (190°C). In a large bowl, combine broccoli, ham, onion and cheese. In another bowl, beat eggs until foamy; blend in oil. Add the dry ingredients; beat until smooth. Stir in broccoli mixture just until blended. Pour into greased muffin cups. Bake muffins for 20 to 25 minutes or until lightly browned. Serve warm or cold. Makes 12 muffins.

Tip: Any leftover muffins should be stored in the refrigerator. These muffins also freeze well.

DID YOU KNOW?

Eggs deliver the highest quality protein of any food. They contain all nine essential amino acids that your body cannot produce naturally.



Egg & Cheese Strudel

This savoury dish is a tasty treat.

- 1 10-oz (300 g) package frozen chopped spinach, thawed and squeezed dry
- 1 cup (250 mL) finely chopped almonds (optional)
- 1 onion, chopped
- 1 garlic clove, crushed
- ½ cup (125 mL) melted butter
- 8 eggs
- 1½ cups (375 mL) grated Swiss cheese
- ½ tsp (2 mL) ground nutmeg
- Salt and pepper to taste
- 1 16-oz (454 g) package phyllo pastry, thawed

Preheat oven to 400°F (200°C). In a bowl, combine spinach and almonds. In a skillet, sauté onion and garlic in 1 tbsp (15 mL) butter. Add to spinach and almonds.

In another bowl, beat eggs. Add cheese and seasonings. Line a greased 13 x 9 inch (33 cm x 23 cm) pan with one sheet of pastry, brush with some melted butter and repeat until there are 8 buttered sheets of pastry. Cover pastry with spinach mixture. Pour on egg and cheese mixture. Top with 4 more buttered sheets of pastry. Roll up edges and seal.

Slit top of strudel with a knife. Brush with melted butter and bake 30 to 40 minutes or until pastry is golden and crisp. Cut strudel into thick slices and serve warm. Makes 8 servings.

DID YOU KNOW?

Manitoba egg farmers produce a variety of eggs including omega-3, vitamin-enhanced, and vegetarian eggs.

DID YOU KNOW?

Eggs contain 14 essential vitamins and minerals.

Zesty Eggplant Frittata

This flavourful frittata adds variety to your everyday meals.

1 eggplant, cut in $\frac{3}{4}$ -inch (2 cm) cubes
3 tbsp (45 mL) extra-virgin olive oil
Salt and pepper, to taste
3 cups (750 mL) cherry tomatoes, halved
 $\frac{1}{2}$ cup (125 mL) pitted olives, halved
2 tsp (10 mL) red wine vinegar
2 cloves garlic, sliced
 $\frac{1}{2}$ tsp (2 mL) dried oregano
 $\frac{1}{4}$ to $\frac{1}{2}$ tsp (1 to 2 mL) hot pepper flakes
2 tbsp (30 mL) extra-virgin olive oil
1 small onion, finely chopped
8 eggs
 $\frac{1}{3}$ cup (75 mL) chopped parsley
 $\frac{1}{4}$ cup (60 mL) water

Preheat oven to 425°F (220°C). In a bowl, toss together eggplant, 3 tbsp (45 mL) of oil, salt and pepper, cherry tomatoes, olives, red wine vinegar, garlic, oregano and hot pepper flakes. Grease a large baking sheet or cover with non-stick foil. Spoon mixture onto baking sheet. Roast in 425°F (220°C) oven until eggplant is golden brown and tomatoes are roasted; about 25-30 minutes. Stir halfway through baking time. Remove from oven and keep warm.

Meanwhile, in an ovenproof skillet, heat 2 tbsp (30 mL) of oil over medium heat; add onion and fry until softened. Beat together eggs, parsley, and water. Pour mixture into skillet and fry, running heatproof spatula around side to let egg mixture run underneath, until less than $\frac{1}{3}$ of the egg mixture is still liquid. Remove from heat.

Arrange $\frac{2}{3}$ of eggplant and tomato mixture evenly on top. Bake in 425°F (220°C) oven until egg mixture is set, about 10-15 minutes. Do not over-bake. Serve with remainder of warm eggplant and tomato mixture. Makes 4 to 6 servings.

Tip: To ovenproof skillet: Cover plastic handle completely with a double thickness of aluminum foil.

DID YOU KNOW?

Egg protein gives you energy that lasts.

Buttercream Forte

This mocha delight will tantalize the tastebuds.

- 4 eggs, separated
- 1 cup (250 mL) granulated sugar
- 2 tbsp (30 mL) warm water
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) cake and pastry flour
- $\frac{3}{4}$ tsp (4 mL) baking powder
- Pinch of salt
- 2 tbsp (30 mL) white chocolate liqueur

Buttercream:

- 4 egg whites
- $\frac{3}{4}$ cup (175 mL) granulated sugar
- 1 tbsp (15 mL) water
- 1 tsp (5 mL) vanilla
- 1½ cups (375 mL) butter, softened
- 1 to 2 tsp (5 to 10 mL) instant coffee granules
- 3 squares bittersweet chocolate, melted

Preheat oven to 325°F (160°C). Line a 15 x 10-inch (37.5 x 25 cm) baking sheet with greased parchment paper and set aside. Beat egg yolks, gradually adding $\frac{1}{2}$ cup (125 mL) sugar, until thick and pale yellow. Still beating, add water and vanilla. Stir together flour, baking powder and salt. Add to yolk mixture and beat at high speed until smooth. In another bowl, beat egg whites, using clean beaters, until foamy. Still beating, add remaining sugar until stiff, shiny peaks form. Pour yolk mixture over whites and fold in gently using a rubber spatula. Pour into prepared pan and smooth the surface. Bake in 325°F (160°C) oven for 25 minutes or until top springs back when lightly touched. Cool completely on rack and trim away crisp edges. Brush with liqueur. Cut crosswise into four identically sized rectangular strips.

Buttercream: In a large bowl, whisk together egg whites, sugar, and 1 tbsp (15 mL) water. Set bowl over barely simmering water and beat egg mixture until thick, marshmallowy and warm to the touch, about 12 to 15 minutes. Remove heat and add vanilla. Beat for about 5 minutes or until cool and very thick. Add butter in dollops, beating well between additions. Dissolve coffee in 2 tsp (10 mL) water. Stir coffee and melted chocolate into buttercream.

Spread bottom layer of cake with a thick coating of buttercream. Top with remaining layers of cake, filling between each with buttercream. Spread remaining buttercream over top and sides of cake. Makes 12 servings.

Tip: Garnish with shaved chocolate or berries if desired.

Lemon Meringue Pie

Surprise your family with this old-time favourite.

9-inch baked pie shell
1½ cups (375 mL) sugar
⅓ cup (75 mL) plus 1 tbsp (15 mL) cornstarch
1½ cups (375 mL) water
3 egg yolks
3 tbsp (45 mL) butter
2 tsp (10 mL) grated lemon peel
½ cup (125 mL) lemon juice
2 drops yellow food colour (optional)

Preheat oven to 400°F (200°C). Combine sugar and cornstarch in a medium saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until the mixture thickens and boils. Boil and stir 1 minute.

In a medium sized bowl, slightly beat three egg yolks. Very gradually blend a small amount of hot mixture into egg yolks to warm them. Add egg mixture to remaining cooked mixture in saucepan. Boil and stir for 1 minute. Remove from heat and stir in butter, lemon peel, lemon juice and food colour (if using). Immediately pour into the pie shell.

Meringue

3 egg whites
¼ tsp (1 mL) cream of tartar
6 tbsp (90 mL) sugar
½ tsp (2 mL) vanilla

Beat egg whites and cream of tartar until frothy. Beat in sugar gradually until mixture forms soft peaks. Continue beating to obtain stiff and glossy peaks. Beat in vanilla. Do not under-beat.

Heap the meringue onto the hot pie filling and spread over the filling, carefully sealing the meringue to the edge of the crust to prevent shrinking or weeping. Bake about 10 minutes or until a delicate brown. Cool gradually to prevent shrinking. Makes 8 servings.

DID YOU KNOW?

Eggs are an excellent source of the nutrient choline, which plays an important role in brain development and function.



Pink Tarts

Sweet treats for any occasion.

2 cups (500 mL) sugar
4 tbsp (60 mL) cornstarch
2 large eggs
2 cups (500 mL) whipping cream
 $\frac{2}{3}$ cup (150 mL) fine unsweetened coconut
2 tsp (10 mL) vanilla
2 drops of red food colour
36 unbaked regular tart shells, or 72 unbaked mini tart shells

Preheat oven to 400°F (200°C). Mix sugar with cornstarch in a medium sized bowl. Add lightly beaten eggs, whipping cream, coconut, vanilla and red food colouring. Stir together well. Fill tart shells $\frac{3}{4}$ full and bake on cookie sheet for about 10-15 minutes at 400°F (200°C) or until shells are slightly golden. Filling will be soft and not completely set. Filling will set while cooling. Makes 36 tarts or 72 mini tarts.

Tip: They not only freeze well, but you can use other food colours for a different festive look!

DID YOU KNOW?

Lutein and zeaxanthin, antioxidants found in eggs, help prevent problems with eye health such as cataracts and macular degeneration.



**Manitoba
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