

Eggs



Natural Protein



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

Coffee Cloud Cake with Lemon Cream Icing

(image on previous page)

- 2 tbsp (25 mL) instant coffee
- 1 cup (250 mL) warm water
- 2 ¼ cups (550 mL) sifted cake and pastry flour
- 1 tbsp (15 mL) baking powder
- ½ tsp (2 mL) salt
- 6 eggs, yolks and whites separated
- ½ tsp (2 mL) cream of tartar
- 2 cups (500 mL) sugar, divided
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) filberts, very finely chopped

Heat oven to 350°F (175°C). Dissolve coffee in water in small bowl. Set aside. In medium-size bowl, sift together flour, baking powder and salt. In a large bowl, beat 6 egg whites and cream of tartar at high speed until soft peaks form. Gradually beat in ¾ cup (175 mL) of the sugar, 2 tbsps (25 mL) at a time, continuing to beat until stiff peaks form. In a separate medium-size bowl, beat egg yolks and vanilla at high speed until well mixed. Gradually beat in remaining sugar until mixture is thick and lemon coloured, about 6 minutes. Alternately fold in sifted dry ingredients and coffee. Fold in nuts. Carefully fold egg yolk mixture into beaten whites, about ¼ at a time. Pour mixture into an ungreased, deep 10-inch (25.5 cm) tube pan. Bake 55 to 60 minutes or until top springs back when lightly touched. Turn pan upside down and let cake hang until cool. Loosen sides of cake with knife or long metal spatula. Remove from pan. Frost with Lemon Cream Icing.

Lemon Cream Icing

- 2 cups (500 mL) whipping cream
- 1 pkg 3.4 oz (99 g) instant lemon pudding mix
- 2 tsp (10 mL) grated lemon zest

Combine all ingredients. Mix well. Let sit for a few minutes until mixture thickens.

Makes 10-12 servings

Golden Canapés

- ½ cup (125 mL) light mayonnaise
- 3 tbsp (45 mL) chives, chopped
- 1 tsp (5 mL) Dijon mustard
- ¼ - ½ tsp (1-2 mL) red chili flakes
- 6 hard-cooked eggs, chopped
- ½ cup (2 oz./125 mL) shredded Cheddar cheese
- ¼ cup (50 mL) toasted, roughly chopped pecans
- 24 slices multi-grain baguette

Preheat broiler oven. In a medium bowl, stir together mayonnaise, chives, mustard and chili flakes until well blended. Stir in eggs, cheese and pecans until well combined. Dollop each bread slice with 1 rounded tablespoon (15 mL) of the egg mixture. Broil about 6 inches (15 cm) from heat until lightly browned and bubbly, about 1 to 2 minutes.

Makes 24 appetizers.

For nutrient analysis of these recipes visit eggs.mb.ca



Eggs
Locally produced

 **Manitoba
Egg Farmers**
eggs.mb.ca

The eggs available in Manitoba grocery stores are produced by one of 170 regulated farm families like the Gaultiers from Notre Dame De Lourdes, Manitoba.