

Egg, Leek, Lemon & Feta Mixture -Multiple Menu Applications

Company: Egg Farmers of Ontario

Cook Temperature: 325°F/165°C

Yield: 24 Portions

Step	Ingredients	Metric Weight	Metric Volume	Imperial Weight	Imperial Volume
EGG, LEEK & LEMON FETA MIXTURE RECIPE					
1	Canola Oil	-	90 ml	-	1/3 cup
1	Leeks, cleaned & diced	470 g	-	1 lbs 1 oz	-
2	Cream, Half & Half, 10%	-	800 ml	-	3 ¼ cups
2	Eggs, large or Liquid Eggs	13 each	660 ml	13 each	2 2/3 cup
2	Lemon Zest, grated, fresh	-	15 ml	-	1 Tbsp
2	Table Salt	6 g	5 ml	0.2 oz	1 tsp
2	Black Pepper	2.3 g	5 ml	0.1 oz	1 tsp
3	Feta Cheese, drained & crumbled	280 g	560 ml	9.8 oz	2 1/3 cup
Preparation Steps to Prepare Egg Mixture:					
Wash hands before beginning preparation and sanitize surfaces/equipment.					
<ol style="list-style-type: none"> 1. Heat a large skillet over medium heat. Add diced leeks (green & white part) and cook until they are wilted, for about 7 minutes. Stir while cooking to prevent leeks from browning. Set aside until ready to assemble egg recipes. 2. In a large mixing bowl or tabletop mixer, whisk together cream, eggs, lemon zest, salt and pepper. Hold under refrigeration at 4°C/40°F or lower until ready to assemble egg recipes below. 3. Drain feta cheese in a colander. Crumble feta cheese and place in a small bowl. Hold under refrigeration at 4°C/40°F or lower until ready to assemble any of the egg recipes using this base egg, leek & lemon feta egg mixture. 					
<i>This egg mixture can be served in multiple menu applications. Use it in pastry shells to make quiche, pour into a sheet pan and baked as omelettes and served between 2 pieces of toast, or baked in a 2 inch deep insert pan and served as a crustless frittata or poured into muffin pans and served as egg muffins as a finger breakfast food.</i>					
4	Deep Dish Pie Pastry, 9", 170 g each	4 shells	-	4 shells	-
Preparation Steps to Prepare Quiche:					
Preheat convection oven to 375°F/190°C.					
<ol style="list-style-type: none"> 4. Place pie pastry shells on baking sheet(s) and par bake for ~20 minutes until golden brown. 5. Turn the oven down to 325°F/165°C. 6. Distribute the cooked leeks evenly across the bottom of the parbaked pastry shells. Pour the egg/cream mixture over 					

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the leeks. Top the quiche with crumbled feta.

7. Bake the quiches for ~40-50 minutes on the baking sheet or until the edges are set but the center still jiggles just a little. Ensure the internal temperature of the quiche reaches 74°C/165°F for a minimum of 15 seconds. Let cool for at least 15 minutes before cutting. Cut each quiche pie shell into 6 slices.

LEEK, LEMON & FETA EGG SHEET PAN OMELETTE

4	Cooking Spray			
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Preparation Steps to Prepare Sheet Pan Omelettes:

Preheat convection oven to 325°F/165°C.

4. Spray a sheet pan(s) (18" L x 13" W x 1" H) to yield 24 servings per pan with cooking spray.
5. Distribute the cooked leeks evenly across the bottom of the greased sheet pan. Pour the egg/cream mixture over the leeks. Top the egg/cream mixture in the pan with crumbled feta.
6. Bake the omelette for ~20 minutes until the edges are set but the center still jiggles just a little. Ensure the internal temperature of the omelette reaches 74°C/165°F for a minimum of 15 seconds. Let cool for at least 15 minutes before cutting. Cut each sheet pan(s) into 6 by 4 to yield 24 servings (3" x 3.25").

LEEK, LEMON & FETA EGG FRITTATA

4	Cooking Spray			
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Preparation Steps to Prepare Frittata:

Preheat convection oven to 325°F/165°C.

4. Spray a 2" deep full size insert pan (12" x 18") to yield 24 servings per pan with cooking spray.
5. Distribute the cooked leeks evenly across the bottom of the greased insert pan. Pour the egg/cream mixture over the leeks. Top the egg/cream mixture in the pan with crumbled feta.
6. Bake the frittata for ~30 minutes until the edges are set but the center still jiggles just a little. Ensure the internal temperature of the frittata reaches 74°C/165°F for a minimum of 15 seconds. Let cool for at least 15 minutes before cutting. Cut each full size insert pan into 4 by 6 to yield 18 servings (3" x 3") per pan.

LEEK, LEMON & FETA EGG MUFFINS

4	Cooking Spray			
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Preparation Steps to Prepare Egg Muffins:

Preheat convection oven to 325°F/165°C.

4. Spray muffin pan, 24 moulds, 4/5 oz each with cooking spray.
5. Distribute the cooked leeks evenly across the bottoms of the muffin moulds. Pour the egg/cream mixture evenly (~125

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mls each) over the leeks in each of the muffin moulds. Top the egg/cream mixture with crumbled feta.
 6. Bake the egg muffins for ~20 minutes until the edges are set but the center still jiggles just a little. Ensure the internal temperature of the egg muffins reaches 74°C/165°F for a minimum of 15 seconds. Let cool for at least 15 minutes before cutting. Serve 1 muffin each.

CCP-Maintain >140°F/60°C for a maximum of 4 hours. Temperature should be taken every 2 hours during holding.
CCP-COOL: Product must reach 140°F/60°C to 70°F/21°C within 2 hours and 70°F/21°C to 40°F/4°C within 4 hours.
NOTE: Refer to local or regional public health regulations for any hot holding time limits.

Plating/Garnishing Suggestions:

Serve with your favourite roll/scone/toasted bread and fresh fruit for breakfast or a tossed garden salad/sliced tomatoes and fried potatoes for lunch/dinner.

Nutritional Information Per 60 mls/1/4 cup of Egg, Leek, Lemon & Feta Mixture:

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
130 kcal	18.5 %	6 g	7 g	9 g	4.5 g	0.09 g	120 mg	3 g	1 g	220 mg	125 mg	75 mg	1 mg
Vitamin A	Vitamin C												
66.93 RE	4.16 mg												

Nutritional Information Per Serving of Quiche (1/6th pie/161 g/5.7 oz):

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
320 kcal	12 %	10 g	22 g	22 g	9 g	0.27 g	160 mg	5 g	1 g	440 mg	150 mg	100 mg	2 mg
Vitamin A	Vitamin C												
91.58 RE	5.78 mg												

Nutritional Information Per Serving of Leek, Lemon & Feta Egg Omelette (1 serving (96 g/3.4 oz) /3" x 3.25")

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron

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130 kcal	18.5 %	6 g	7 g	9 g	4.5 g	0.09 g	120 mg	3 g	1 g	220 mg	125 mg	75 mg	1 mg
Vitamin A	Vitamin C												
66.93 RE	4.16 mg												

Nutritional Information Per Serving of Leek, Lemon & Feta Egg Frittata(1 serving (96 g/3.4 oz/ 3"x3")):

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
130 kcal	18.5 %	6 g	7 g	9 g	4.5 g	0.09 g	120 mg	3 g	1 g	220 mg	125 mg	75 mg	1 mg
Vitamin A	Vitamin C												
66.93 RE	4.16 mg												

Nutritional Information Per Serving of Leek, Lemon & Feta Egg Muffin (1 each/96 g/3.4 oz)

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
130 kcal	18.5 %	6 g	7 g	9 g	4.5 g	0.09 g	120 mg	3 g	1 g	220 mg	125 mg	75 mg	1 mg
Vitamin A	Vitamin C												
66.93 RE	4.16 mg												