EGGS
Simply
Perfect

What's In An Egg?

ONE LARGE EGG

70	6g	5g	65mg	1g	195mg
CALORIES	PROTEIN	FAT	SODIUM	CARBOHYDRATES	CHOLESTEROL

DID YOU KNOW?

- Eggs are delivered to your grocery store shelves in 4 to 7 days.
- In order to feed the more than 13 million people in the province, Ontario's 500 egg farm families care for 8 million hens every day.
- For each family that uses a dozen eggs each week, a local Ontario farmer houses, feeds and cares for two hens all year long.
- The average hen will naturally lay approximately 340 eggs in one year. That is almost an egg a day!
- Eggs in Ontario are produced according to the same Canada Grade A standard for quality, freshness and cleanliness.
- Look for cartons with this symbol to ensure you are purchasing farm fresh, Canada Grade A eggs.

HARD-COOKED Eggs

HARD-COOKED EGGS

DIRECTIONS

1. Place the eggs in a single layer on the bottom of the pot and cover with cold water, an inch higher than the eggs. Cover and bring to a boil over medium-high heat.

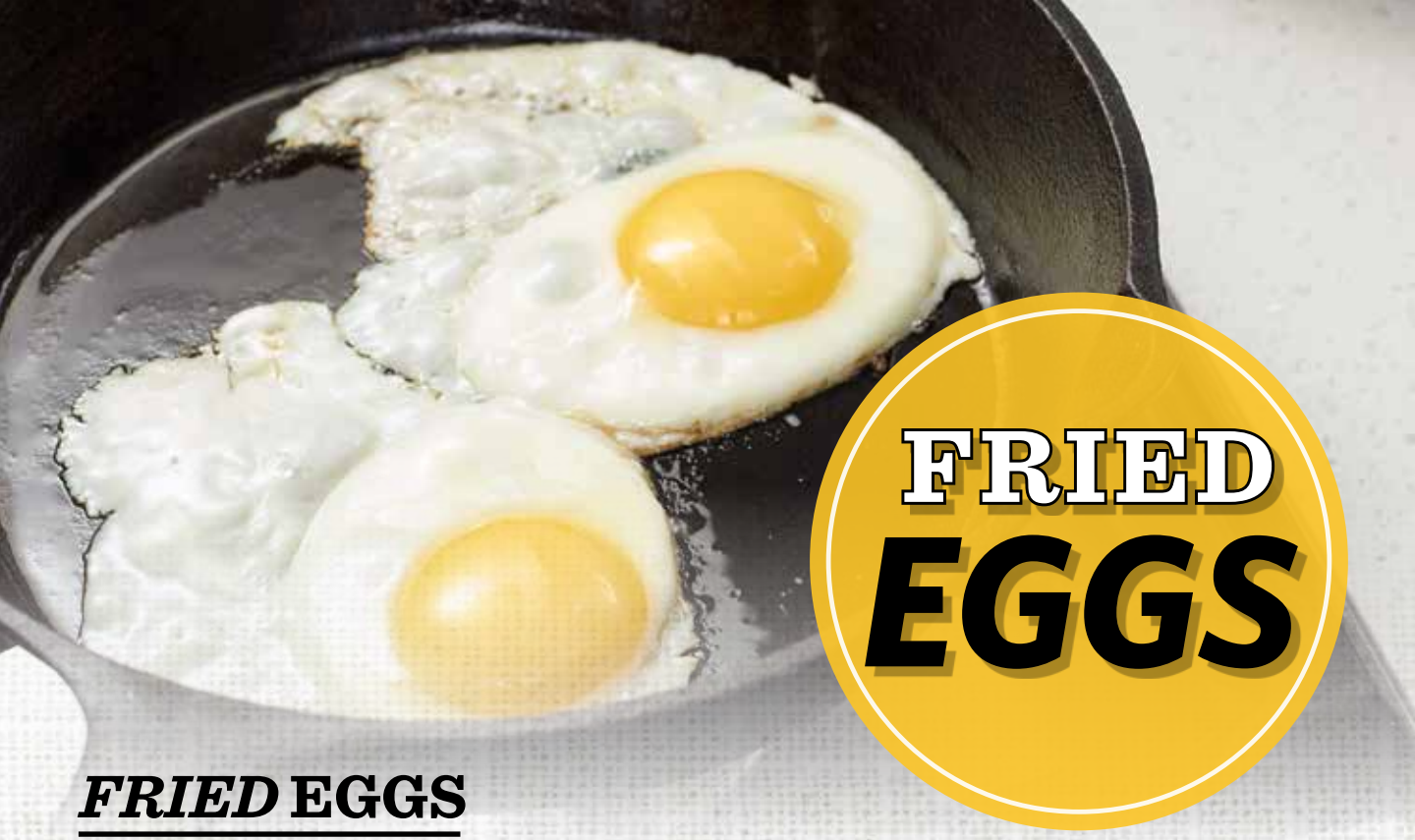
2. Once water boils, remove the pot from heat and let stand, covered, for 18 to 23 minutes. For a softer yolk, reduce the time to 3 to 4 minutes, and 11 to 12 minutes for a medium yolk.

3. When time is up, drain and immediately run cold water over the eggs until cooled or remove the eggs with a slotted spoon and place in an ice bath to stop cooking.

TIPS

To peel a hard-cooked egg, crack the shell all over by tapping the egg on a hard surface, then roll the egg between your hands to loosen the shell. Begin peeling at the large end under running water to help remove the shell.

For easiest peeling, use eggs that are closer to their Best Before date. The less fresh the egg, the easier it is to peel!



FRIED EGGS

FRIED EGGS

DIRECTIONS

1. Heat a fry pan over medium heat. Coat your pan with cooking spray or add butter or oil.

2. Crack an egg into a bowl (if frying multiple eggs, you can either crack them each into their own bowl or you can reuse the same bowl) and drop the egg gently into the pan. Season lightly with salt and pepper (optional).

3. Let the egg cook until the white is set and the edges begin to curl, about 3 to 4 minutes. For sunny-side-up, simply slide the egg onto a plate. For over-easy, over-medium or over-well eggs follow the next step.

4. Use a spatula to gently flip the egg over, making sure it's under the yolk before you flip. Cook for about 30 seconds more for over-easy, 1 minute for over-medium and a minute and a half for over-well. Flip once more and slide onto a plate.

HOW DO YOU LIKE YOUR EGGS?

- **SUNNY-SIDE-UP:** The egg is fried with the yolk up and is not flipped.
- **OVER-EASY:** The egg is flipped and the yolk is still runny.
- **OVER-MEDIUM:** The egg is flipped and the yolk is only slightly runny.
- **OVER-WELL:** The egg is flipped and the yolk is hard-cooked.

POACHED Eggs

POACHED EGGS

DIRECTIONS

1. Fill a medium saucepan with 3 inches (8 cm) of water and bring to a boil. Meanwhile, crack each egg into its own small bowl so they're ready to go when the water reaches the right temperature.

2. When the water reaches a boil, reduce temperature to a gentle simmer. Holding the bowl just above the simmering water, gently slip the egg into the water. Drop in the second egg , keeping track of the order they went in. (The first egg in should be the first egg out.)

3. Gently keep the water moving with a spoon while the eggs cook.

4. Using a slotted spoon, remove the eggs after three minutes for soft-cooked or up to five minutes for a firmer yolk.

5. Place eggs on a paper towel-lined plate and season with salt and pepper if desired.

TIP

Poached eggs can be held in an ice bath for up to an hour. When ready to serve, place already poached eggs in hot water until they are warm (about 45 seconds).

MICROWAVED EGGS

MICROWAVED EGGS

DIRECTIONS

1. Coat a small microwave-safe container or ramekin with cooking spray, butter or oil. (If using a microwave egg cooker, no coating is necessary.) Sprinkle a few grains of salt into bottom of container.

2. Break an egg into the container. Pierce the yolk and white with a fork 4 or 5 times to prevent exploding during cooking. Cover with plastic wrap, pulling back a small area for venting. (If using a microwave egg cooker, simply close the lid.)

TIPS

FOR SOFT-COOKED EGG: Microwave on high (100% power) for 30 seconds, or on medium (50% power) for 50 seconds. Let stand for 30 seconds before removing the plastic wrap or lid. If it's still undercooked, turn the egg over in the container, cover and microwave for another 10 seconds, or until cooked as desired.

FOR HARD-COOKED EGG: Microwave on high (100% power) for 40 seconds. Let stand for 30 seconds before removing the plastic wrap or lid. If it's still undercooked, turn the egg over in the container, cover and microwave for another 10 seconds, or until cooked as desired.

FOR SCRAMBLED EGGS: Add 1 tbsp (15 mL) of milk to the container and salt and pepper if desired. Stir well. Microwave on medium-high (70% power) for 90 seconds to 1 minute 45 seconds, stirring several times during cooking.

SCRAMBLED
Eggs

SCRAMBLED EGGS

2 eggs	1 tbsp (15 mL) butter or oil
2 tbsp (30 mL) milk	Salt and pepper (optional)

DIRECTIONS

1. To prepare a single serving of scrambled eggs, crack 2 eggs into a bowl and whisk in milk. Season with salt and pepper, if desired.

2. Heat pan over medium heat. Coat your pan with cooking spray or add butter. Pour the eggs into the pan and reduce the heat to medium-low.

3. Gently move the eggs with a spatula, forming soft curds. Continue stirring until there is no more liquid egg in the pan. Immediately remove eggs and serve.

TIP

Try adding a bit of your favourite shredded cheese or some chopped fresh herbs, such as chives, to your eggs just before serving.

CLASSIC OMELETTES

OMELETTES

2 eggs	Desired fillings (e.g., cheese, mushrooms, green peppers, ham, bacon)
2 tbsp (30 mL) water	
Salt and pepper (optional)	

DIRECTIONS

1. Using a whisk or a fork, beat the eggs and water together. Season with salt and pepper (optional). Be sure to incorporate the yolk and the white together well.

2. Heat a pan over medium-high heat. Coat your pan with cooking spray or add butter or oil.

3. Once the pan is hot, pour in the egg mixture. As the mixture sets around the edge of pan, use a spatula to gently push cooked portions toward the centre of pan. Tilt and rotate pan to allow uncooked egg to flow into empty spaces. When the surface of the egg looks moist but does not move when the pan is jiggled, it's ready for filling. Add your filling sparingly.

4. Fold the omelette in half with a spatula and let the bottom brown slightly before sliding onto a plate. If you have any leftover filling, pour the rest on top of the omelette.

TIP

Make sure whatever you're filling your omelette with is already cooked, as it will not have time to cook in the pan. Use ingredients that are not going to produce a lot of water when warmed—wet ingredients, such as tomatoes, can create a watery filling.

BASIC Quiche

QUICHE

4 eggs	Salt and pepper (optional)
Pre-baked pie shell	Desired fillings (cheese, mushrooms, peppers, ham, bacon)
1 ½ cups (375 mL) milk	

DIRECTIONS

1. Preheat oven to 350°F (180°C). Spread cheese and other fillings into the bottom of your pie shell.

2. Whisk together the eggs and milk in a bowl until well blended. Season with salt and pepper (optional).

3. Carefully pour the mixture into the pie shell, over the fillings.

4. Bake for 35 to 40 minutes or until the top turns golden brown. To check doneness, insert a knife into the centre of the quiche. If it comes out clean it's done! Let stand for 10 minutes before serving.

VARIATIONS

QUICHE LORRAINE: Combine 6 slices crumbled crisp bacon, 1 cup (250 mL) shredded Swiss cheese, ¼ cup (60 mL) minced green onion, ¼ cup (60 mL) **each** green and red pepper strips, ¼ tsp (1.25 mL) ground nutmeg and ¼ tsp (1.25 mL) dry mustard.

MUSHROOM QUICHE: Combine 1 cup (250 mL) sautéed sliced mushrooms, ½ cup (125 mL) shredded Cheddar cheese and 1 tsp (5 mL) dried thyme.

HAM AND CHEESE QUICHE: Combine ¾ cup (175 mL) shredded Swiss cheese, ¾ cup (175 mL) diced cooked ham, ¼ cup (60 mL) chopped red or green sweet pepper and 2 tsp (10 mL) finely chopped fresh chives.

VERSATILE FRITTATAS

FRITTATAS

12 eggs	1/4 tsp (1 mL) pepper	2 cups (500 mL) filling ingredients (chopped and cooked vegetables, meat, poultry, etc.)
1/4 cup (250 mL) milk	3/4 cup (125 mL) shredded cheese	
1/4 tsp (1 mL) salt		

DIRECTIONS

1. Preheat oven to 375°F (190°C). In a large bowl, whisk eggs, milk, salt and pepper. Set aside.

2. Heat 1 tbsp (15mL) oil in skillet over medium-high heat. Add chopped fillings. Cook until softened, about 5 minutes.

3. Pour egg mixture into 10-inch (25-cm) oven-proof, non-stick skillet with cooked fillings.

4. Place skillet in oven and bake until puffed, golden and set, about 25 minutes.

5. Loosen around the edge of the frittata with a knife. Cut into wedges and serve.

TIP

If the skillet is not oven-proof, simply wrap the handle with a double layer of aluminum foil.

Meringue

MERINGUE

3 egg whites at room temperature	1/4 tsp (1.25 mL) cream of tartar or lemon juice	1/4 cup (60 mL) granulated sugar

DIRECTIONS

1. Preheat oven to 425°F (220°C). Separate the egg whites and place them in a glass or metal bowl (plastic bowls can have a greasy film that prevents foaming). Make sure the eggs are separated without leaving any trace of yolk in the whites. (The fat in the yolk will prevent the whites from developing the volume you want.)

2. Add cream of tartar and, using an electric mixer, beat the egg whites until frothy. They should form what's called soft peaks. (Peaks are the "hills" that pull up when removing the beaters from the foam. You'll know your peaks are soft when the tips gently fall over.)

3. Gradually add the sugar, 1 to 2 tbsp (15-30 mL) at a time until it is all incorporated and the peaks become glossy. Continue beating until the foam forms stiff peaks and all of the sugar has been dissolved. (To test if the sugar has dissolved, rub the beaten meringue between your thumb and forefinger. If it feels gritty, beat the eggs a few seconds longer until smooth.)

4. Follow steps of recipe you are using meringue in. For pies, pile meringue on top of the pie and bake about 4-5 minutes, until peaks are slightly brown.

CRÊPES

CRÊPES

FOR KIDS

Spread crêpe with peanut butter or hazelnut spread and top with sliced banana or jam.

- 4 eggs
- ½ tsp (2.5 mL) salt
- 2 cups (500 mL) all-purpose flour
- 2 cups (500 mL) milk
- ¼ cup (60 mL) vegetable oil

DIRECTIONS

1. Combine eggs and salt in a medium bowl. Gradually add the flour, alternating with milk and whisking until smooth. Slowly whisk in the oil. Whisk all ingredients until smooth, about 1 minute. Refrigerate the batter for at least 30 minutes to allow the flour to expand and any air bubbles to collapse. (The batter may thicken during this time, so you might need to thin it out by adding more milk or water. Crêpe batter should be the consistency of heavy cream.)

2. Coat your crêpe pan with a little cooking spray or butter. Heat over medium-high heat until water droplets sizzle when sprinkled into the skillet.

3. Stir the batter and pour 3 tbsp (45 mL) batter into the skillet. Quickly tilt and rotate the skillet while shaking it gently in a circular motion to coat the bottom of the pan with the batter.

4. Cook until the bottom of the crêpe is slightly browned, about 45 seconds. Turn the crêpe over with spatula and cook for another 15 to 30 seconds. Transfer to a plate and repeat with the remaining batter. Add more cooking spray or butter to the skillet if the crêpes start to stick.

5. Fill the crêpe with your favourite ingredients and enjoy!

FILLING SUGGESTIONS

SIMPLE AND SWEET: Cook any fruit that's in season with a little bit of sugar and fill the crêpe.

SAVOURY: Fill crêpe with sautéed chopped ham, red pepper and onion. Sprinkle with shredded Swiss or Gruyère cheese. Roll up and heat in the oven or microwave.

PICKLED EGGS

12 hard-cooked eggs, peeled	1 cup (250 mL) white vinegar	1 tbsp (15 mL) granulated sugar	2 tsp (10 mL) pickling spices
1 cup (250 mL) water		1 tsp (5 mL) salt	

DIRECTIONS

1. In a small saucepan over high heat, combine water, vinegar, sugar, salt and pickling spices. Bring to a boil, stirring frequently until the sugar dissolves. Reduce the heat to low and simmer for 10 minutes.

2. Place hard-cooked eggs in a glass jar.

3. Pour the hot pickling liquid into the jar, directly over the eggs.

4. Refrigerate for at least 2 days before using.

DEVILLED Eggs

DEVILLED EGGS

12 hard-cooked eggs, peeled	2 tsp (10 mL) Dijon mustard
¼ cup (125 mL) mayonnaise	Salt and pepper to taste

DIRECTIONS

1. Slice eggs in half, lengthwise. Remove yolks and set whites aside.

2. Mash yolks in a small bowl.

3. Stir in mayonnaise, Dijon mustard, salt and pepper.

4. Pipe or stuff egg yolk mixture into egg whites. Serve immediately or cover and store in refrigerator.

TIP

Try adding a variety of toppings or fresh herbs! Suggestions include: chopped, cooked bacon with chives; smoked salmon with dill sprigs; slivered red onion and capers with dill sprigs; cooked thin asparagus spears with crab or baby shrimp; diced cucumber and tomatoes with chopped parsley; thinly sliced olives with roasted red pepper slices.

SOUFFLÉS

- 4 egg yolks
- 2 egg whites
- 2 tbsp (30 mL) butter
- 2 tbsp (30 mL) all-purpose flour
- ½ tsp (2.5 mL) salt
- Pinch pepper
- ¾ cup (175 mL) milk
- ¼ tsp (1.25 mL) cream of tartar
- Finely chopped filling ingredients

DIRECTIONS

1. Preheat oven to 375°F (190°C). Melt butter in a medium saucepan over low heat. Stir in the flour, salt and pepper. Cook, stirring constantly, until the mixture is smooth and bubbly. Stir in the milk gradually. Continue stirring until the mixture is smooth and has thickened.

2. Beat the egg yolks well and add ¼ cup (60 mL) of warm sauce mixture to the yolks. Combine this yolk mixture with the remaining white sauce, blending thoroughly. If desired, add any filling ingredients, stirring them into the blended sauce until mixed. Set the sauce aside to cool slightly.

3. Beat the egg whites with cream of tartar in a large bowl, until stiff but not dry. Fold some of the egg whites into the sauce to make it lighter, then gently, but thoroughly, fold the sauce into the remaining egg whites.

Carefully pour into a 4-cup (1 L) lightly greased soufflé or casserole dish.

4. Bake until puffed and lightly browned, about 20 to 25 minutes, or until a knife inserted comes out clean. Serve immediately.

VARIATIONS

CHEESE SOUFFLÉ: Add 1 cup (250 mL) grated Swiss cheese and 2 tbsp (30 mL) chopped green onion.

CRAB SOUFFLÉ: Add 1 can (6 oz/170 g) crab meat, ½ tsp (2.5 mL) dried thyme, ½ tsp (2.5 mL) curry powder and ¼ tsp (1.25 mL) garlic salt.

LEEK AND PARMESAN SOUFFLÉ: Add 1 ½ cups (375 mL) chopped leeks and ½ cup (125 mL) grated Parmesan cheese.

EGG SALAD

EGG *SALAD*

- 6 hard-cooked eggs, peeled
- 2 tbsp (30 mL) mayonnaise or plain yogurt
- 1/4 tsp (1.25 mL) **each** salt and pepper
- 1/4 cup (125 mL) celery, diced
- 1/4 cup (125 mL) chopped green onion (optional)

DIRECTIONS

1. Place peeled, hard-cooked eggs in a small bowl and mash with a fork until finely chopped.

2. Stir in mayonnaise or yogurt, salt and pepper. Blend until smooth. Add celery and green onion, if using.

3. Spread over your favourite bread or use a dip and serve with crackers, pita or fresh veggies.

VARIATIONS

SALMON DILL: Add 1/4 cup (60 mL) smoked salmon, finely chopped, 1 tbsp (15 mL) fresh dill, chopped, and 2 tsp (10 mL) capers, chopped.

PICKLE BACON: Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 mL) horseradish (or more if desired).

CHILI AVOCADO: Omit celery and green onion. Add half of an avocado, diced, 1 tbsp (15 mL) red onion, minced, and 1/2 tsp (2 mL) chili powder.

Storage TIPS

Eggs are perishable and should be stored in their original carton in the main body of the refrigerator to ensure they are kept at a cool, consistent temperature. The carton protects the eggs from absorbing strong odours such as onions and keeps the Best Before date for reference.

RECOMMENDED STORAGE TIMES

Fresh shell eggs	Use by Best Before date
Leftover whites/yolks	Within 2-4 days
Hard-cooked eggs	Within 1 week

Prepared egg dishes	Within 3-4 days
Pickled eggs	Within 1 month
Frozen eggs	Within 4 months

FREEZING EGGS

WHOLE EGGS - beat until just blended, pour into freezer container and cover with a tight-fitting lid.

EGG WHITES - break and separate eggs, making sure no yolk gets into the white. Pour into freezer container and cover with a tight-fitting lid.

EGG YOLKS - beat in either 1/8 tsp (0.5 mL) salt (for main dishes) or 1.5 tsp (7 mL) sugar or corn syrup per 1/4 cup (50 mL) egg yolks (about 4 yolks) for desserts. Pour into freezer container and cover with tight-fitting lid.

HARD-COOKED EGGS – hard-cooked egg yolks can be frozen for use later. It is not recommended to freeze hard-cooked whole eggs or egg whites as they may become tough and watery after freezing.

Make sure to label your container with the number of eggs as well as the date they were frozen. In the case of yolks, include whether you added salt (for main dishes) or sugar (for desserts or baking).

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THE LAVIOLETTE FAMILY

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