



APPIES MAKE ME

Happy



get cracking®
Egg Farmers of Ontario

3 DETACHABLE RECIPE
CARDS INSIDE

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Classic
[DEVILLED EGGS]



Curried
[EGG + BACON DIP]



Creamy
[EGG + SMOKED
SALMON POUCHES]

FROM OUR FARM TO YOUR STORE

IN 5 DAYS.

STEPHANIE NANNE, EGG FARMER | PERTH, ON

Steph Nanne

When you cook or bake with eggs from your grocery store, they are high quality and come from the farm to your store in only 4 to 7 days. That's fresh!



All eggs in Ontario are graded to the same Canada Grade A standard for quality, freshness and cleanliness. Look for cartons with the Canada Grade A maple leaf symbol to ensure you are purchasing Canadian eggs. You will be supporting one of the over 400 egg farm families in Ontario.

A variety of eggs are available, whether you prefer classic white or brown, Omega-3, organic, free run or free range. No matter the eggs you choose to buy, rest assured eggs in your local grocery store are from local farms.

Since eggs contain 14 essential nutrients and only 70 calories, eggs are goodness you can count on.



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RECIPE

These light and creamy eggs are sure to disappear first on a buffet table. Personalize the eggs with one of the suggested toppers or create your family favourite.

SERVES:

12 bites

PREP TIME:

15 minutes

INGREDIENTS

- 6 hard cooked eggs, peeled and halved lengthwise
- ¼ cup (50 mL) mayonnaise
- 1 tsp (5 mL) dry mustard powder
- 2 tbsp (30 mL) finely chopped chives or green onion
- ⅛ tsp (0.5 mL) each salt & pepper
- paprika **optional*

DIRECTIONS

- Carefully scoop yolks into a bowl. Set whites on a serving plate, cover and set aside. Using a fork mash the yolks. Add mayonnaise and mustard and mash until blended. Stir in chives, salt and pepper. With a small spoon mound yolk mixture into whites. Sprinkle with paprika (if using) or one of the suggested toppers:
- Chopped cooked bacon with chives
 - Smoked salmon with dill sprigs
 - Slivered red onion, 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

[CLASSIC DEVILLED EGGS]



RECIPE

Even non-curry lovers will enjoy this tasty make-ahead dip. With a delightful smoky flavour, this dip is sure to please.

SERVES:

6

PREP TIME:

10 minutes

INGREDIENTS

- 1 package (250g) cream cheese, at room temperature
- 1/4 cup (50 mL) mayonnaise
- 1/4 cup (50 mL) low-fat sour cream
- 2 tsp (10 mL) curry powder
- 1/2 tsp each (2 mL) cumin and paprika
- 1/4 tsp (1 mL) salt
- 1/8 tsp (0.5 mL) cayenne pepper
- 3 bacon slices, crumbled
- 2 green onions, chopped
- 3 hard-cooked eggs, peeled and chopped

DIRECTIONS

- In medium bowl, with wooden spoon or electric mixer, beat cream cheese until smooth. Beat in mayonnaise and sour cream. Add curry, cumin, paprika, salt and cayenne; mix well. Stir in bacon, onions and eggs. Cover and chill for at least 1 hour to blend flavours. Serve with a selection of crackers, vegetables and pita slices.
- Garnish with additional crumbled bacon and chopped green onion, if desired.
 - Use pastry blender to chop hard-cooked eggs.
 - For a more intense curry flavour, simply add more curry powder.

[CURRIED EGG + BACON DIP]



RECIPE

Each little pouch is stuffed with delicately flavoured eggs and smoked salmon, making a perfect bite-sized morsel.

SERVES:

24 pouches

PREP TIME:

5 minutes

COOK TIME:

15 minutes

INGREDIENTS

- 1 tbsp (15 mL) butter
- 1 small shallot, minced
- 4 eggs
- ¼ cup (60 mL) herb and garlic cream cheese
- 2 oz (60 g) smoked salmon, finely chopped
- 1 tsp (15 mL) chopped fresh chives **optional*
- 6 sheets phyllo pastry
- ⅓ cup (75 mL) butter, melted

DIRECTIONS

- In a non-stick skillet, melt butter over medium heat and cook shallot for 2 minutes or until softened and starting to brown. In a bowl, beat eggs. Pour into skillet and cook, stirring gently forming large curds from the outside edge of pan into the centre. Stir in cream cheese until melted. Remove from heat and stir in smoked salmon and chopped chives; set aside to cool.
- Meanwhile, place one sheet of phyllo on work surface; brush with butter. Repeat with second and third sheets. Cut into 12 squares. Place 1 tbsp (15 mL) of the filling in centre of each square. Bring up corners, pinching above filling to secure, twisting slightly to seal. Repeat with remaining phyllo and filling to make another 12 pouches. Place pouches in single layer on a parchment paper lined baking sheet. Bake in 400°F (200°C) oven for about 10 minutes or until golden. Let cool slightly before serving.

[CREAMY EGG + SMOKED SALMON POUCHES]

