



EGGS 101

Natural
goodness
made easy.

Learn how to prepare, cook and enjoy your favourite classic egg dishes.

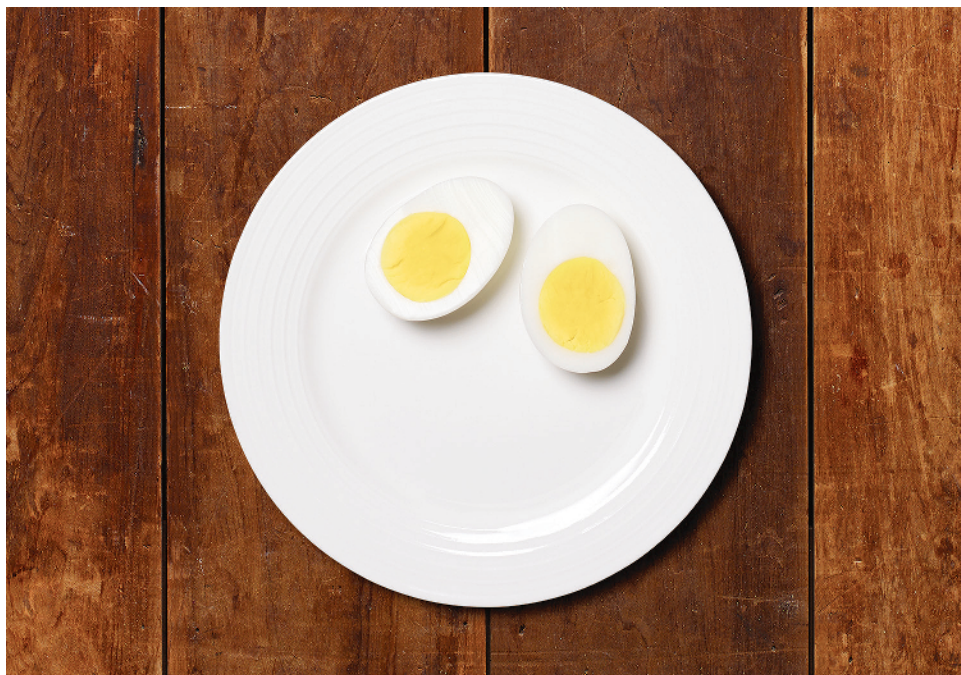


We all know eggs are good for you. They're an excellent source of protein and key nutrients and extremely versatile in the many ways they can be prepared. The best thing about eggs though? They're delicious. In these pages you'll find step-by-step techniques, tips and recipe ideas to make sure you get perfect, delicious eggs every time. By learning just a few basics you can make a wide range of simple-to-prepare meals for as few or as many people as you'd like. So go on and Get Cracking!

Subscribe to eggs.ca today to create your own online recipe box and receive free recipes delivered to your email every month!

For more egg recipes and cooking tips visit eggs.ca.

4	<i>HARD-COOKED EGGS</i>
6	<i>FRIED EGGS</i>
8	<i>POACHED EGGS</i>
10	<i>SCRAMBLED EGGS</i>
12	<i>OMELETTES</i>
16	<i>MICROWAVED EGGS</i>
18	<i>QUICHE</i>
22	<i>FRITTATAS</i>
26	<i>SOUFFLÉS</i>
30	<i>CRÊPES</i>
34	<i>MERINGUE</i>
36	<i>PICKLED EGGS</i>
38	<i>BASIC COOKIE DOUGH</i>
41	<i>NUTRITION</i>
45	<i>EGG HANDLING</i>
50	<i>REFERENCE SHEET</i>



HARD-COOKED EGGS

Making eggs on the stovetop is easy. All you need is a pot, some water and of course, eggs! Hard-cooked eggs are often referred to as “hard-boiled” eggs, but eggs cooked in their shells should never really be boiled as it can cause the shell to crack and make the whites rubbery. There’s no shortage of methods for making hard-cooked eggs. We’ve tested dozens and this one is our favourite because it’s easy to follow and results in perfect eggs every time.

YOU WILL NEED:



Pot with lid
Timer (try our Egg Timer app on
your mobile phone)
Slotted spoon

Eggs
Water
Bowl of ice water (optional)

STEPS



- 1** Place the eggs in a single layer on the bottom of the pot and cover with cold water. The water should be about an inch or so higher than the eggs. Cover the pot and bring to a boil over medium-high heat.
- 2** When the water begins to boil, remove the pot from heat and let stand 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** 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 halt cooking.

SERVING SUGGESTIONS

Use hard-cooked eggs to make devilled eggs, egg salad or serve with a little salt and pepper for a tasty snack.

TIPS

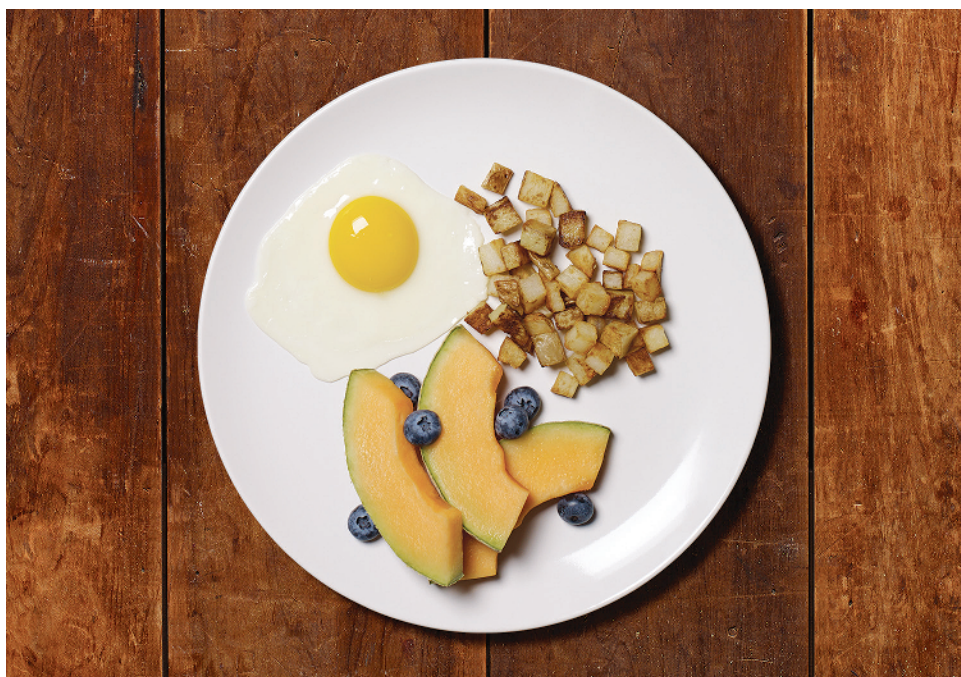
To peel a hard-cooked egg, crack the shell all over by tapping the egg on a hard surface, then roll the egg between your hands to loosen the shell. Begin peeling at the large end under running water to help remove the shell.

For easiest peeling, use eggs that have been in the refrigerator the longest. The less fresh the egg, the easier it is to peel.

Hard-cooked eggs in their shell will keep for 1 week in the fridge in a sealed container. Try cooking a dozen eggs on Sunday to have a supply of hard-cooked eggs for the week ahead.



Watch how to make hard-cooked eggs at eggs.ca/hard-cooked.



FRIED EGGS

Fried eggs aren't just for breakfast anymore! They can add gourmet flair as well as protein to all kinds of meals, such as salads, sandwiches and burgers. There are 4 basic styles of fried eggs, depending on the texture of yolk you prefer: sunny-side-up, over-easy, over-medium and over-well. This technique isn't hard, and once you learn the proper way, you'll master it in no time.

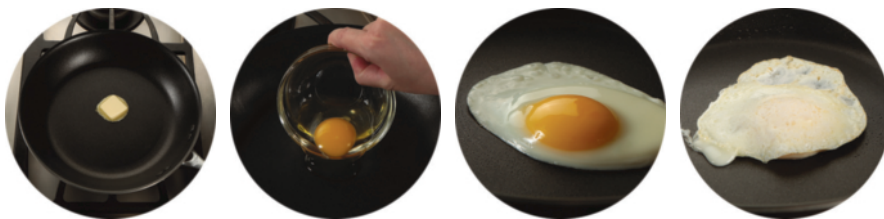
YOU WILL NEED:

Non-stick or regular pan
Small bowl
Spatula

Eggs
Cooking spray, butter or oil
Salt and pepper (optional)



STEPS



- 1** Heat a pan over medium heat. Coat your pan with cooking spray (if using a regular pan only), butter or oil, based on your preference. If using butter, allow enough time for it to melt and if using oil give it 30 seconds to heat up.
- 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. Resist the urge to fuss—your eggs will turn out better if they're left alone. For sunny-side-up, simply slide the egg onto a plate. For over-easy, over-medium or over-well eggs, carry on to the next step.
- 4** Use a spatula to gently flip the egg over. You don't need to get it all the way under the egg, but make 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.

TYPES OF FRIED 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 cooked hard.



POACHED EGGS

Poached eggs have a rather unfair reputation for being difficult to cook. The truth is, with the proper technique and a little practice, poaching an egg is an easy way to turn a salad into a meal or a breakfast into a memorable occasion. The main problem most people run into with poached eggs is creating wispy, thin whites instead of the perfect round masterpiece that you get at a restaurant. Follow our step-by-step instructions and you'll get a perfect poached egg every time.

YOU WILL NEED:

Saucepan
Small bowls (1 per egg being poached)
Timer (try our Egg Timer app on your mobile phone)
Slotted spoon
Paper towel

Eggs
Water
Salt and pepper (optional)



STEPS



1 Fill a saucepan with 3 inches (8 cm) of water and bring it 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 it to a gentle simmer. Holding the bowl just above the simmering water, gently slip the egg into the water. Drop in the second egg in the same way and try to keep track of the order they went in. The first egg in should be the first egg out. Remember to use more water if you're cooking more eggs so the water temperature doesn't drop too much.

3 Take the eggs out after 3 minutes for soft-poached or let them cook for 5 minutes for a more solid yolk. Remove with a slotted spoon and drain as much of the water as possible. The egg should wobble (but just a little) when you move the spoon around. Place the cooked eggs on a paper towel and season with salt and pepper (optional).

SERVING SUGGESTIONS

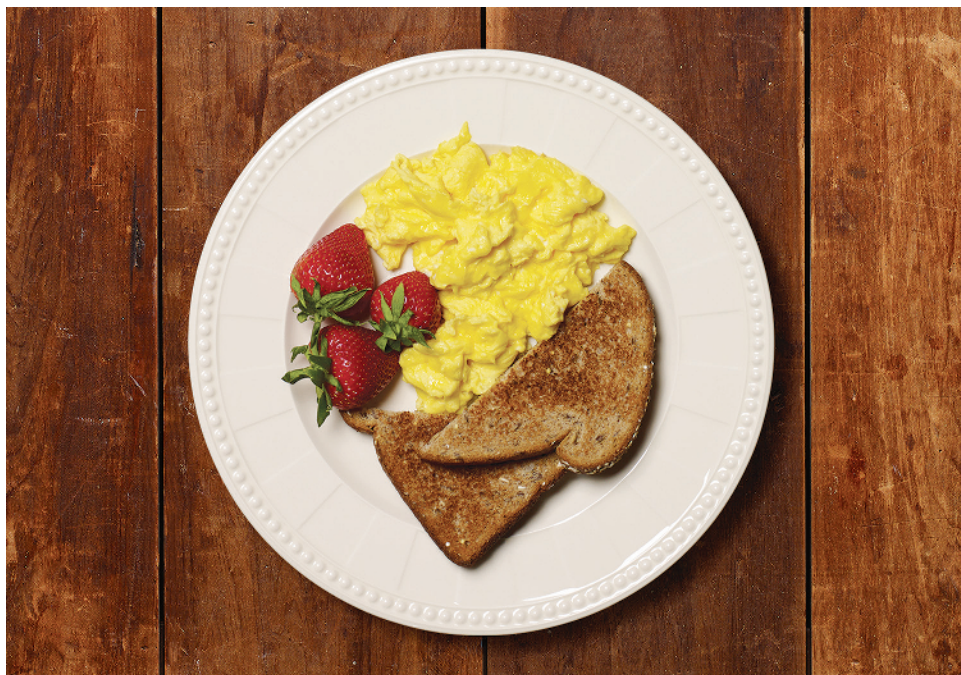
Serve poached eggs on toast, as a salad topper or with your favourite pasta for some extra protein.

TIPS

If you're cooking eggs for a crowd, don't stress. Poached eggs can be held in an ice bath for up to an hour. When it's time to serve, put them back in the hot water until they warm up (about 45 seconds) and serve.



Watch how to make poached eggs at eggs.ca/poached-eggs.



SCRAMBLED EGGS

Scrambled eggs are one of the most versatile dishes to prepare. They're delicious plain, garnished with finely chopped herbs, or dressed up with caramelized onion, sautéed mushrooms and grated cheese.

YOU WILL NEED:



Bowl
Whisk or fork
Non-stick or regular pan
Spatula

Eggs
Milk
Cooking spray or butter
Salt and pepper (optional)

STEPS



- 1** To prepare a single serving of scrambled eggs, crack 2 eggs into a bowl and whisk in 2 tbsp (30 mL) of milk. Season with salt and pepper, if desired.
- 2** Heat pan over medium heat. Coat your pan with cooking spray (if using a regular pan only) or butter based on your preference. If using butter, allow enough time for it to melt. 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, but before the eggs appear dry. Immediately remove eggs and plate.

SERVING SUGGESTIONS

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



Watch how to make scrambled eggs at eggs.ca/scrambled-eggs.



OMELETTES

An omelette is one of the easiest and most inexpensive meals to make and it works beautifully for breakfast, lunch or dinner. The omelette is a close cousin to the Frittata (p.22), and there are dozens of variations around the world. The version that most of us are familiar with is the French omelette: slightly browned on the outside, creamy on the inside and filled with anything from simple herbs to meat or vegetables.

YOU WILL NEED:

Bowl	2 eggs
Whisk or fork	2 tbsp (30 mL) water
Non-stick pan	Cooking spray, butter or oil
Spatula	Desired fillings (e.g.: cheese, mushrooms, green peppers)
	Salt and pepper (optional)



STEPS



- 1** Using a whisk or a fork, beat the eggs with 2 tbsp (30 mL) of water. 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 (if using a regular pan only), butter or oil, based on your preference. If using butter, allow enough time for it to melt and if using oil give it 30 seconds to heat up.
- 3** Once the pan is hot, pour in the mixture. As the egg 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—a little goes a long way.
- 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.

Continued on next page >

OMELETTES

FILLING SUGGESTIONS

BROCCOLI AND CHEESE: Fill omelette with 1/2 cup (125 mL) cooked broccoli and 1/2 cup (125 mL) grated cheese.

PIZZA: Spread half of omelette with 3 tbsp (45 mL) pizza sauce. Top with 5 slices pepperoni, 1/4 cup (60 mL) shredded mozzarella cheese and 1 tbsp (15 mL) grated Parmesan.

WESTERN: Coat pan with cooking spray, butter or oil. Sauté 1/4 cup (60 mL) finely chopped ham, 2 tbsp (30 mL) chopped green pepper and 1 tbsp (15 mL) finely chopped onion. Pour in omelette mixture and cook as directed in the above instructions.

TIPS

Using the proper skillet or pan is important for successful omelette making. The ideal skillet for a 1, 2 or 3-egg omelette is about 8 inches (20 cm) in diameter at the base. It should be shallow with sloping sides to make it easier to slide the omelette out of the skillet and onto a plate.

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



Watch how to make an omelette at eggs.ca/omelette.





MICROWAVED EGGS

The microwave is a simple and quick way to make breakfast on a busy morning or a quick high-protein snack. You can microwave eggs to be soft-cooked, hard-cooked, scrambled or even poached. Just be sure to use a microwave-safe container, such as a ramekin or our microwave egg cooker (you can get yours at eggs.ca).

YOU WILL NEED:



*Microwave-safe container, ramekin
or microwave egg cooker
Fork*

*1 egg
Cooking spray, butter or oil
Pinch of salt*

STEPS



- 1** Coat a microwave-safe container or ramekin with cooking spray, butter or oil, based on your preference (if using the microwave egg cooker, no coating is necessary). Sprinkle a few grains of salt into bottom of container. Salt attracts microwave energy and helps to cook the egg evenly.
- 2** Break an egg into the container. Pierce the yolk and white with a fork 4 or 5 times (piercing is necessary to prevent exploding during cooking). Cover with plastic wrap, pulling back a small area for venting (if using the microwave egg cooker, place the lid on the base and twist to secure).

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.

TIPS

Cooking times will vary depending on microwave oven cavity-size, wattage and desired consistency of yolk. Times provided are for a 1000-watt microwave oven. Increase time slightly for lower wattage; decrease for higher wattage. Start with shortest time and increase in 10-second intervals. Note the time that works best for your microwave oven.



Watch how to make microwaved eggs at eggs.ca/microwaved-eggs.



QUICHE

A basic quiche is one of life's simple pleasures. The creamy filling and endless choice of extras (cheese, mushrooms and ham, to name but a few) make it a satisfying and tasty meal. It can be enjoyed warm as a savoury dinner, or served cold for lunch with a simple side salad. Keep pre-baked pie shells on hand to easily whip up delicious meals the whole family will enjoy.

YOU WILL NEED:



Whisk
Bowl

4 eggs

Pre-baked pie shell

**Desired fillings (see variations on the following page
for filling suggestions)**

1 1/2 cups (375 mL) cream or milk

Salt and pepper (optional)

STEPS



- 1** Preheat oven to 350°F (180°C). Sprinkle cheese and any other fillings you'd like into the bottom of your pie shell.
- 2** Whisk together the eggs and cream in a bowl until well blended. Season with salt and pepper (optional).
- 3** Carefully pour the mixture into the pie shell.
- 4** Bake for 35 to 40 minutes or until the filling turns a 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, 1/4 cup (60 mL) minced green onion, 1/4 cup (60 mL) each green and red pepper strips, 1/4 tsp (1.25 mL) ground nutmeg and 1/4 tsp (1.25 mL) dry mustard.

MUSHROOM QUICHE: Combine 1 cup (250 mL) sautéed sliced mushrooms, 1/2 cup (125 mL) shredded Cheddar cheese and 1 tsp (5 mL) dried thyme.

HAM AND CHEESE QUICHE: Combine 3/4 cup (175 mL) shredded Swiss cheese, 3/4 cup (175 mL) diced cooked ham, 1/4 cup (60 mL) chopped red or green sweet pepper and 2 tsp (10 mL) finely chopped fresh chives.

Continued on next page >

QUICHE

TIPS

To pre-bake the pie shell, line the unbaked shell with a 12-inch (30 cm) square of aluminum foil. Fill with uncooked rice or dried beans or peas. This will help to minimize shrinkage. Cover the rim of the shell with edges of foil. Bake in preheated 450°F (230°C) oven until lightly browned at the edges, about 10 minutes. Lift out the foil and the rice. Cool on a wire rack.

Cooked quiche may be refrigerated for up to 3 days or frozen for 1 month.

Any leftover egg mixture can be poured into custard cups and baked to make mini quiches.



Watch how to make a quiche at eggs.ca/quiche.





FRITTATAS

A frittata is an extremely versatile dish. It's fancy enough for fine dining, hearty enough for breakfast and is the perfect way to use up leftovers from last night's dinner. The frittata is very similar to an omelette (p.12), the basic difference is the filling is mixed in with the egg instead of folded. Mostly cooked in the skillet, frittatas are finished in the oven, resulting in a puffy, slightly browned top.

YOU WILL NEED:



Whisk	8 eggs
Medium bowl	1/2 cup (125 mL) water
Non-stick or regular ovenproof skillet	1/8 tsp (0.5 mL) salt
Spatula	1/8 tsp (0.5 mL) pepper
	Cooking spray, butter or oil
	2 cups (500 mL) filling ingredients (chopped vegetables, meat, poultry, seafood, or a combination)
	1/2 cup (125 mL) shredded cheese
	Fresh or dried herbs, to taste (optional)

STEPS



- 1** Preheat oven to broil. Whisk the eggs, water, herbs, salt and pepper together in a medium bowl. Set aside.
- 2** Heat a 10-inch (25 cm) non-stick ovenproof skillet over medium heat. Coat the skillet with cooking spray (if using a regular skillet only), butter or oil, based on your preference. If using butter, allow enough time for it to melt and if using oil give it 30 seconds to heat up. Add filling ingredients, sauté them until fully cooked, stirring frequently.
- 3** Pour in the egg mixture. As the mixture sets around the edge of the skillet, gently lift cooked portions with a spatula to allow uncooked egg to flow underneath. Cook until the bottom is set and top is almost set, about 8 to 10 minutes.
- 4** Sprinkle cheese over top. Place skillet under preheated broiler for 2 or 3 minutes to melt cheese and puff up frittata or cover with lid and cook for a couple minutes on the stovetop.
- 5** Loosen around the edge of the frittata with a knife. Cut into wedges and serve.







SOUFFLÉS

The soufflé is an adaptable egg recipe that you can fill with any of your favourite ingredients. The word soufflé is French for “to blow up,” which is exactly what happens when air is whipped into the egg white, giving it the fluffy texture it’s known for. While they have a reputation for being difficult to make, soufflés are remarkably easy and sure to impress.

YOU WILL NEED:



Medium saucepan

Large bowl

Electric mixer

4 eggs

2 egg whites

2 tbsp (30 mL) butter

2 tbsp (30 mL) all-purpose flour

1/2 tsp (2.5 mL) salt

Pinch pepper

3/4 cup (175 mL) milk (1%)

1/4 tsp (1.25 mL) cream of tartar

*Finely chopped filling ingredients, see variations
on p.28 (optional)*

STEPS



- 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** Separate the 4 egg yolks, reserving 2 of the egg whites. Beat the yolks well and add 1/4 cup (60 mL) of warm sauce mixture to the egg yolks.

Combine this yolk mixture with the remaining sauce, blending thoroughly. If desired, add any filling ingredients, stirring them into the white sauce until blended (see variations). 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.

Continued on next page >

SOUFFLÉS

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, 1/2 tsp (2.5 mL) dried thyme, 1/2 tsp (2.5 mL) curry powder and 1/4 tsp (1.25 mL) garlic salt.

LEEK AND PARMESAN SOUFFLÉ: Add 1 1/2 cups (375 mL) chopped leeks and 1/2 cup (125 mL) grated Parmesan cheese.

TIPS

Never add egg yolks to the hot sauce all at once as they may coagulate too rapidly and form lumps.

Coating your greased dish with a sprinkling of breadcrumbs before adding the mixture, helps the soufflé to “climb” and puff up in the oven.

Contrary to popular belief, it is normal for a soufflé to collapse a little after it’s removed from the oven.





CRÊPES

Crêpes, originally from the Brittany region of France, are a thin style of pancake. Unlike traditional pancakes, crêpes are often served rolled with a sweet or savoury filling and can be enjoyed for breakfast, lunch, dinner and dessert. Popular fillings include fruit, chocolate, cheese and meat. For a simple treat, serve with a little sugar and a squeeze of lemon.

YOU WILL NEED:

Medium bowl

Whisk

Crêpe pan or 8-inch (20 cm) non-stick
or regular skillet

Spatula

4 eggs

1/2 tsp (2.5 mL) salt

2 cups (500 mL) all-purpose flour

2 cups (500 mL) milk

1/4 cup (60 mL) vegetable oil

Cooking spray or butter



STEPS



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. You can also use a blender for this step. Process 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 a little more milk or water. Crêpe batter should be the consistency of heavy cream.

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

3 Stir the batter and pour about 3 tbsp (45 mL) batter into the skillet all at once. 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!

Continued on next page >

CRÊPES

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.

FOR KIDS: Spread crêpe with peanut butter and top with sliced banana or jam; roll up.

TIPS

To refrigerate cooked crêpes, wrap stacked crêpes well in foil or plastic wrap. Refrigerate for up to 3 days. Let stand at room temperature for an hour before serving.

To freeze cooked crêpes, stack them separated with pieces of waxed paper. Place them in an airtight container. Freeze for up to 4 months. To avoid tearing, thaw the crêpes completely before unwrapping and separating.





MERINGUE

A basic meringue is nothing more than a mixture of beaten egg whites and sugar. It's a must-have topping for many desserts, including everything from classic lemon meringue pie to heavenly baked Alaska. Follow these few simple steps and you'll be a master meringue maker in no time.

YOU WILL NEED:



Glass or metal mixing bowl
Electric mixer

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

STEPS



- 1** Preheat oven to 425°F (220°C). To prepare a basic meringue, separate the egg whites and place them in a glass or metal bowl (plastic bowls can have a greasy film that prevents foaming). Separate the eggs without leaving any trace of yolk in the whites as the fat in the yolk will prevent the whites from developing the volume you want.
- 2** Add the 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** Pile your meringue onto your warm filling and bake for about 4 or 5 minutes—just enough to gently brown the peaks.

TIPS

Let egg whites stand at room temperature for about 20 minutes after separating. They will whip to a greater volume than if beaten when cold.



Watch how to make a meringue at eggs.ca/meringue.



PICKLED EGGS

Pickled eggs, once a favourite at pubs and taverns, are experiencing a bit of a renaissance, showing up on the menus of high-end restaurants and modern gastropubs. Luckily, pickled eggs are easy to make at home. They make tasty hors d'œuvres and are the perfect picnic treat.

YOU WILL NEED:



Small saucepan

Large jar with a tight sealing lid

12 hard-cooked eggs

1 cup (250 mL) water

1 cup (250 mL) white vinegar

1 tbsp (15 mL) granulated sugar

1 tsp (5 mL) salt

2 tsp (10 mL) pickling spices (can usually be found at most grocery stores in the spice section, or make your own! See how under Tips.)

STEPS



- 1** In a small saucepan over high heat, combine the 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** Making sure they're completely cooled, peel the hard-cooked eggs and place them in the jar. Find out how to make perfect hard-cooked eggs on p.4.
- 3** Pour the hot pickling liquid into the jar, directly over the eggs. You can strain out the pickling spices at this step, but the unstrained ingredients make for a nice presentation.
- 4** Refrigerate for at least 2 days before using.

TIPS

Pickled eggs will keep for 1 month in the refrigerator.

Make your own pepper pickling spice: Use 1 tsp (5 mL) peppercorns, 10 whole cloves, 1 bay leaf and 2 dried whole chili peppers.



BASIC COOKIE DOUGH

This is a great recipe as the basis for all kinds of cookies. Let the kids help mix ingredients in an extra large bowl to reduce spills. Before starting this recipe, choose the variation you prefer. Makes about 4 dozen delicious cookies!

YOU WILL NEED:



*Medium and large bowls
Electric mixer
Parchment paper or silicone mat
Baking sheets*

2 1/4 cups (550 mL) all-purpose flour
1 tsp (5 mL) baking soda
1/4 tsp (1.25 mL) salt
3/4 cup (175 mL) butter, at room temperature
3/4 cup (175 mL) granulated sugar
3/4 cup (175 mL) packed brown sugar
2 eggs
1 tsp (5 mL) vanilla

STEPS



- 1** Preheat oven to 350°F (180°C) and line your baking sheets with parchment paper or silicone mat. Combine the flour, baking soda and salt in a medium bowl.
- 2** Beat the butter and granulated and brown sugars with an electric mixer in a large bowl until smooth and fluffy. Add the eggs and vanilla and beat until well blended. Add flour mixture and beat until combined.
- 3** Drop tablespoonfuls of dough about 2 inches (5 cm) apart onto the prepared baking sheets. Bake just until cookies lose their shiny appearance, about 9 minutes. Let cookies cool on the baking sheets for 1 minute before transferring to a wire rack to cool completely.

Continued on next page >

BASIC COOKIE DOUGH

VARIATIONS

CHOCOLATE CHIP: Stir 1 cup (250 mL) semisweet, milk or dark chocolate chips and, if desired, 2/3 cup (150 mL) chopped walnuts into dough.

CINNAMON SUGAR: Add 1 tsp (5 mL) ground cinnamon to flour mixture. Using about 1 tbsp (15 mL) per cookie, gently roll the dough into balls. Combine 3 tbsp (45 mL) granulated sugar and 2 tsp (10 mL) of ground cinnamon in a small bowl. Roll the dough balls in the sugar and cinnamon mixture, coating completely.

DOUBLE CHOCOLATE: Add 3 tbsp (45 mL) cocoa powder to the flour mixture, stirring well to combine. Stir 1 cup (250 mL) of semisweet, milk or dark chocolate chips into the dough. To make Triple Chocolate Cookies use 1/2 cup (125 mL) semisweet, milk or dark chocolate chips and 1/2 cup (125 mL) white chocolate chips.

OATMEAL RAISIN: Decrease the amount of flour to 1 3/4 cups (425 mL). Add 2 1/4 cups (550 mL) rolled oats and 1/2 tsp (2.5 mL) ground cinnamon to flour mixture. Stir 1 cup (250 mL) of raisins into the dough (dried cranberries, blueberries or cherries can be used instead of raisins).

TIPS

If desired, replace half of all-purpose flour with whole wheat flour.

If unsalted butter is used, increase the amount of salt to 1/2 tsp (2.5 mL).

Allow at least 20 minutes for chilled butter to come to room temperature. It should give slightly when pressed but still hold its shape.

NUTRITION

NUTRITION



Did you know eggs can play a role in a well-balanced, healthy diet? It's true! Canadian eggs are an excellent source of protein and many important nutrients. *Canada's Food Guide* considers 2 eggs to be 1 serving from the Meat and Alternatives food group.

NUTRITION INFORMATION PER ONE LARGE GRADE A EGG (53 G)	
Calories	70 Cal / 292.88.kJ
Fat	5 g
Cholesterol	195 mg
Sodium	65 mg
Carbohydrates	1 g
Protein	6 g

Here’s how the natural goodness of eggs benefits you:

<i>NUTRIENT</i>	<i>BENEFIT</i>
<i>Protein</i>	<i>Essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies; the protein in eggs is easily absorbed by the body</i>
<i>Iron</i>	<i>Carries oxygen to the cells, helps prevent anemia—the iron in eggs is easily absorbed by the body</i>
<i>Vitamin A</i>	<i>Helps maintain healthy skin and eye tissue; assists in night vision</i>
<i>Vitamin D</i>	<i>Strengthens bones and teeth; may help protect against certain cancers and auto-immune diseases</i>
<i>Vitamin E</i>	<i>An antioxidant that plays a role in maintaining good health and preventing disease</i>
<i>Vitamin B₁₂</i>	<i>Helps protect against heart disease</i>
<i>Folate</i>	<i>Helps produce and maintain new cells; helps prevent a type of anemia, helps protect against serious birth defects if taken prior to pregnancy and during the first 3 months of pregnancy</i>
<i>Selenium</i>	<i>Works with vitamin E to act as an antioxidant to help prevent the breakdown of body tissues</i>
<i>Lutein and zeaxanthin</i>	<i>Maintains good vision; may help reduce the risk of age-related eye diseases, such as cataracts and macular degeneration</i>
<i>Choline</i>	<i>Plays a strong role in brain development and function</i>

Get Cracking on healthy eating!



EGG HANDLING

EGG HANDLING

SHOPPING TIPS

Pick up eggs near the end of your grocery-shopping trip and ask the cashier to pack them with frozen items to keep them cold. Be sure to put them in the fridge as soon as you get home.

In Canada, all Grade A eggs are categorized by weight, not size or shape. This is why eggs in the same carton may appear to be different sizes but their weights will always be within the same range.

Pay attention to the “best before date” on an egg carton. This date indicates how long eggs will maintain their Grade A quality. Keep in mind older eggs are best used in thoroughly cooked dishes.

Did you know? Eggs at the store have arrived there within a week of being laid. Now that’s fresh!



STORING TIPS

Eggs are perishable and shells are porous. Keep them in their carton, in the main body of the refrigerator. The carton helps to protect them and it keeps the “best before date” visible. The carton also prevents eggs from absorbing odours and flavours of other foods.

Store leftover raw egg whites and yolks in airtight containers in the refrigerator. To prevent yolks from drying up, cover them with a little cold water and drain the water before using.

FREEZING TIPS

Certain kinds of raw and prepared eggs (not in their shells) can easily be frozen following these simple instructions:

WHOLE EGGS: Beat until just blended, pour into a freezer container and cover with a tight-fitting lid. Label with the number of eggs and the date. Place in the freezer.

EGG WHITES: Break and separate the eggs one at a time, making sure no yolk gets into the whites. Pour the egg whites into a freezer container and cover with a tight-fitting lid. Label with the number of eggs and the date. Place in the freezer.

EGG YOLKS: Beat in 1/8 tsp (0.5 mL) salt (for use in main dishes) or 1 1/2 tsp (7 mL) sugar or corn syrup (for use in baking or desserts) per 1/4 cup (60 mL) egg yolks (about 4 yolks). Pour into a freezer container and cover with a tight-fitting lid. Label with the number of yolks, the date and whether you added salt or sweetener.

HARD-COOKED EGG YOLKS: Hard-cooked egg yolks can be frozen for later use as toppings or garnishes. An easy way to freeze them is to put them in an ice cube tray. Once frozen, transfer to a freezer container and label with the date.

EGG HANDLING

<i>FRESH</i>	<i>SUBSTITUTE FOR THAWED FROM FROZEN</i>
<i>1 large whole egg</i>	<i>3 tbsp (45 mL) thawed whole egg</i>
<i>1 large egg white</i>	<i>2 tbsp (30 mL) thawed egg white</i>
<i>1 large egg yolk</i>	<i>1 tbsp (15 mL) thawed egg yolk</i>

TIPS

It's best to freeze eggs in small quantities (an ice-cube tray works perfectly) so you can thaw only what you need.

Thaw eggs in the refrigerator and use them as soon as they are thawed.

Only use thawed eggs in dishes that will be thoroughly cooked.

HOW TO KNOW YOUR EGGS ARE FRESH?

The “best before date” is the best way to determine the freshness of eggs. But there are other ways to tell if an egg is fresh:

<i>FRESH</i>	<i>OLDER</i>
<i>Yolk sits up high and the white is thick and closely surrounds the yolk</i>	<i>Yolk is flat and breaks easily</i>
<i>Sinks in water</i>	<i>Floats in water</i>
<i>Cloudy egg white</i>	<i>Watery, thin egg white</i>



SAFE FOOD HANDLING

Like all perishable foods, eggs are enjoyed best when properly handled. Follow these tips for safe food handling at home:

- Wash hands, utensils, equipment and work areas with hot soapy water before and after food preparation.
- Wash containers and utensils that have been used for raw egg mixture before re-using, even for another raw egg mixture.
- When entertaining, serve all egg dishes within 2 hours. Cold egg dishes and beverages should be kept on ice.
- Serve eggs and egg-rich foods immediately after cooking or refrigerate and serve within 3 to 4 days.

When preparing any perishable foods, follow these 4 simple steps: clean, separate, cook and chill to make sure food is prepared safely.

REFERENCE SHEET

CONSUME EGGS BY THESE RECOMMENDED TIMES

EGG TYPE	CONSUME BY
Fresh shell eggs	By "best before date" on the carton
Leftover yolks or whites	Within 2-4 days
Hard-cooked eggs	Within 1 week
Prepared egg dishes	Within 3-4 days
Pickled eggs	Within 1 month
Frozen whole eggs (blended)	Within 4 months

SUBSTITUTIONS

IF A RECIPE CALLS FOR...	YOU CAN USE...		
LARGE EGGS	EXTRA LARGE	MEDIUM	SMALL
1	1	1	2
2	2	2	3
3	3	4	4
4	3	5	6
5	4	6	7
6	5	7	8

British Columbia Egg Marketing Board
bcegg.com

Egg Farmers of Alberta
eggs.ab.ca

Saskatchewan Egg Producers
saskegg.ca

Manitoba Egg Farmers
eggs.mb.ca

Egg Farmers of Ontario
eggfarmersofontario.ca

La Fédération des producteurs d'œufs du Québec
oeuf.ca

New Brunswick Egg Producers
nbegg.ca

Egg Farmers of Nova Scotia
nsegg.ca

Egg Farmers of Prince Edward Island
eggspei.ca

Egg Farmers of Newfoundland and Labrador
nleggs.ca

Egg Farmers of Canada
eggs.ca



Making perfect eggs is easy with the official Egg Timer App from Egg Farmers of Canada. Easy to use and fully customizable, it transforms your phone into a multi-functional egg timer.

Download it for free at Google Play or the Apple App Store.

Find recipes, tips and more at eggs.ca!

