

For the Love of Eggs!

EGGS

Wholesome and Nutritious



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**Meet some of the faces behind egg farming in Manitoba
and try these delicious recipes.**

EGGritos

| | | |
|---------|---|--------|
| 6 | eggs | 6 |
| 3/4 cup | corn kernels, frozen or canned | 175 mL |
| 1/4 cup | diced onion | 50 mL |
| 1/4 cup | diced green <i>or</i> red pepper | 50 mL |
| 1/4 cup | tomato salsa | 50 mL |
| 1/4 tsp | <i>each</i> dried basil and oregano | 1 mL |
| | Salt and pepper, to taste | |
| 1 tbsp | butter | 15 mL |
| 6 | 6-inch (15 cm) flour <i>or</i> whole wheat tortillas | 6 |
| 6 tbsp | tomato salsa | 90 mL |

In a medium bowl, beat eggs slightly. Add corn, onion, pepper, 1/4 cup (50 mL) tomato salsa, basil, oregano, salt and pepper.

Over medium-high heat in a 6-inch (15 cm) nonstick skillet, melt 1/2 tsp (2 mL) butter. Pour in 1/3 cup (75 mL) egg mixture. As eggs begin to set, lift edges to allow the uncooked egg to flow under. When omelette is set, slide onto a tortilla. Spread omelette with 1 tbsp (15 mL) salsa. Roll up. Repeat for each EGGrito. Slice in half or into bite-size pieces. Serve hot or at room temperature.

Makes 6 EGGritos (3 to 6 servings).

Nutrients Per Serving

(One EGGrito)

Calories: 220

Carbohydrate: 24.5 g

Protein: 10.0 g

Fat: 9.2 g

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Ken & Emily Krahn - Niverville, Manitoba

Even in a business where you're supposed to wake up with the roosters, it's good to sleep in now and then. That's why Emily never minds when Ken is up with the birds and off to the local restaurant for "eggs over easy" with other farmers.

Emily doesn't get to sleep in too long, though, since she makes breakfast for their school-age children. Fresh egg omelettes wrapped in tortillas are among their favourites. She spends her afternoons gathering eggs on their farm that produces thousands of eggs for kitchens all over the province.



Classic French Toast

| | | |
|---------|---------------------|--------|
| 2 | eggs | 2 |
| 1/2 cup | milk | 125 mL |
| 1/4 tsp | salt | 1 mL |
| 1 tbsp | butter or margarine | 15 mL |
| 4 | slices bread | 4 |

In a shallow bowl, mix together eggs, milk and salt. Melt butter in a large skillet over medium heat. Dip one slice of bread at a time into egg mixture and let soak for 10 seconds on each side. Fry soaked bread 1-1/2 to 2 minutes each side or until golden brown. Add more butter if necessary to keep slices from sticking.

Transfer toast to baking sheet and keep warm in oven while frying remaining bread. Serve with jam, maple syrup, honey or fresh seasonal fruit.

Makes 4 pieces.

Nutrients Per Serving

Calories: 147
Carbohydrate: 14.7 g
Protein: 6.3 g
Fat: 6.9 g



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Dirks Family
- Steinbach, Manitoba



Cal and Pauline Dirks, along with their four children, raise young chicks (called pullets) on their farm. The whole family helps out in the barn, including their 16-year-old daughter Jessica, who says "it's most exciting when the new chicks arrive." Their son Stefan, loves the birds, "especially when they're fuzzy."

Both Pauline and Cal came from farms and can't imagine a better way to bring up a family. "We love what we do and it teaches our kids responsibility," says Pauline. The whole family has a passion for raising chickens that lay eggs, and they love eggs, too. In answer to the age-old question, daughters Hali and Emily state in unison "the chicken came first!"

Egg Piperade

| | | |
|--------|--|-------|
| 1 tbsp | olive oil | 15 mL |
| 1 | large onion, chopped | 1 |
| 3 | cloves garlic, finely chopped | 3 |
| 1 | <i>each</i> large green, red and yellow sweet pepper, seeded and thinly sliced | 1 |
| 8 | eggs | 8 |
| 4 | salt and pepper, to taste plum tomatoes, seeded and chopped | 4 |
| 1 tbsp | <i>each</i> finely chopped fresh basil and Italian parsley | 15 mL |

In a large, non-stick skillet, heat oil over medium heat; sauté onion, garlic and peppers for 10 minutes or until soft.

Whisk together eggs, salt and pepper. Stir in tomatoes. Pour into skillet with vegetables and immediately reduce heat to medium low. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, but they are still moist. Garnish with basil and parsley.

Makes 4 servings.

Nutrients Per Serving

Calories: 234
Carbohydrate: 15.6 g
Protein: 14.7 g
Fat: 13.2 g



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Grauer Family
- Steinbach, Manitoba



Every Saturday morning Hermann and Sheryl Grauer get a treat. Samuel, Elizabeth, and Joseph make eggs for their parents, and they make the same kind every week. "Scrambled," all three kids agree is the best way to go. This weekend tradition ensures special time for this close knit but busy family.

The Grauers are progressive farmers who keep in touch with consumer needs. In addition to a wide array of eggs, including vitamin enhanced eggs and special Omega-3 eggs, they also export Manitoba pasta across the country and around the world. Everyone pitches in on the farm, and even the kids love watching the new grading machine as it sorts the best eggs for grocery store shelves.

Pickled Eggs

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

Divide hard-cooked eggs between two 1 quart (1 L) jars fitted with lids. In a small saucepan, mix together vinegar, water, sugar, pickling spices and salt. Cover and bring to a boil. Reduce heat to low and simmer for 10 minutes. Cool liquid, then strain and pour half the vinegar mixture into each jar; cover with lid. Refrigerate at least 2 days before using. Pickled eggs will keep one month in the refrigerator.

Makes 12 pickled eggs.

Basic Hard-Cooked Eggs

Place cold eggs in a single layer in a saucepan. Cover with at least 1-inch (2.5 cm) cold water over top of the eggs. Cover saucepan and bring quickly to a boil over high heat. Immediately shut element off. Let eggs simmer in water for 20 minutes. Drain hot water and immediately run cold water over eggs until cooled. Crackle shell, then roll egg between your hands to loosen. Begin peeling at the large end. Hold under cold running water to help remove the shell.



Nutrients Per Serving

(Two Pickled Eggs)

Calories: 148
Carbohydrate: 3.0 g
Protein: 12.0 g
Fat: 10.0 g

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Ed & Kathryn Kleinsasser - Sunnyside Hutterite Colony, Manitoba

A self-professed “bit of a health nut,” Ed Kleinsasser loves his eggs boiled with a little salt, pepper, and homemade salsa. Eggs are a healthy source of protein and Ed makes sure they are a part of the meals for both his immediate family and the extended family he enjoys as a member of the Sunnyside Hutterite Colony. “Our colony of 86 people uses about 600 eggs a week in our communal kitchen,” says Ed.

Ed takes responsibility for supplying eggs to his colony and to many other Manitobans. In charge of the layer barns, Ed has been working with eggs for 34 years.



Open-Faced Grilled Sandwich

| | | |
|---------|--|-------|
| 8 | hard-cooked eggs, chopped | 8 |
| 1/4 cup | light mayonnaise | 50 mL |
| 1 tbsp | chopped green onion | 15 mL |
| 1/2 tsp | curry powder | 2 mL |
| | Salt and pepper, to taste | |
| | Hot pepper sauce, to taste | |
| 8 | slices pumpernickel bread | 8 |
| 8 | Cheddar process cheese slices, regular or light | 8 |
| 2 tbsp | finely diced green and red peppers and/or mushrooms | 30 mL |
| 1 tsp | chopped fresh herbs | 5 mL |

Preheat oven to 350°F (180°C).

In a bowl, mix eggs, mayonnaise, green onion, curry powder, salt, pepper and hot pepper sauce. Set aside. Lightly toast pumpernickel bread; cover with half a slice of cheese. Spread egg mixture over cheese. Sprinkle with peppers, mushrooms (if desired) and herbs. Top with remaining half slice of cheese. Bake until melted.

Makes 4 servings.

Nutrients Per Serving

Calories: 438
Carbohydrate: 38.3 g
Protein: 27.1 g
Fat: 19.5 g

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Siemens Family
- Rosenort, Manitoba



Wouldn't you be surprised if you opened a carton of eggs and saw a dozen happy faces smiling up at you? It sounds cheery, but Kurt Siemens' father was not impressed. As a child, Kurt and his sister helped collect eggs. One day they brought markers along and added some decorative touches to the shells.

"Dad didn't think it was that cool," Kurt recalls, so they were sent out the next day to clean them off.

Now Kurt and his wife Tami have their own lively kids, Madisson and Harley, growing up on the farm. They represent the fourth generation of Siemens to be egg producers, continuing an enterprise that goes back to when Kurt's grandfather kept chickens.



Basic Poached Eggs

Prep time: 2 minutes Cooking time: 5 minutes

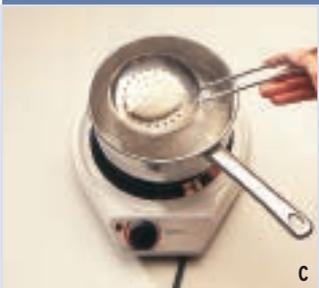


Stovetop

- Bring 3 inches (8 cm) of water to a boil. Reduce to a gentle simmer.
- Break cold eggs, one at a time, into a small dish (picture A).
- Gently slip egg into water (picture B).
- Cook in barely simmering water 3 to 5 minutes. Remove eggs with a slotted spoon and drain well (picture C).

Microwave

- For a 2 egg serving, pour 1/3 cup (75 mL) water into a small deep bowl. Bring to a boil on HIGH (100%). Break eggs and slip into the water one at a time.
- Pierce yolk membrane with a fork. Cover with plastic wrap, leaving a small steam vent. Cook on HIGH (100%) for 40 to 60 seconds.
- Let stand, covered, 1 to 2 minutes. Drain and serve.



COOKING TIPS

- A shallow saucepan with large surface area is best for poaching eggs.
- For poached eggs with a compact oval shape, use the freshest eggs available. Rapid boiling will cause the egg to break up as it cooks.
- A few drops of vinegar will keep poached eggs compact.
- Poached eggs can be made ahead of time and held for up to two days. Undercook them slightly so that the yolks remain runny when reheated. Refrigerate, covered, or store in ice-cold water, deep enough to cover eggs, until ready to use. To complete cooking, immerse in barely simmering water for 1 to 2 minutes.
- Eggs can be poached in dry white wine, chicken broth or tomato juice.

Cheesy Poached Eggs

Prep Time: 10 minutes

Cooking time: 5 minutes

| | | |
|--------|---|--------|
| 4 | slices white sandwich bread | 4 |
| 2 tsp | butter | 10 mL |
| 1 tsp | white vinegar | 5 mL |
| 8 | eggs | 8 |
| 2 cups | regular or light, process cheese spread | 500 mL |
| 1 tsp | chopped fresh herbs | 5 mL |

Toast bread and remove crusts; butter and cut into fingers. Set aside in a warm oven. In a small saucepan, bring 2 inches (5 cm) water to a boil; add vinegar. Reduce to a gentle simmer. Break an egg into a saucer. Holding the saucer just above simmering water, gently slip egg into saucepan. Continue for remaining eggs. Cook in barely simmering water 3 to 5 minutes.

Meanwhile, melt cheese spread in the microwave following label directions. Remove eggs with a slotted spoon; trim the ragged edges with a knife, if necessary. Set on warm plates. Pour cheese sauce over eggs and sprinkle with herbs. Serve with toast fingers.

Makes 4 servings.

Nutrients Per Serving

Calories: 525
Carbohydrate: 25.1 g
Protein: 35.8 g
Fat: 30.3 g



Basic Omelette

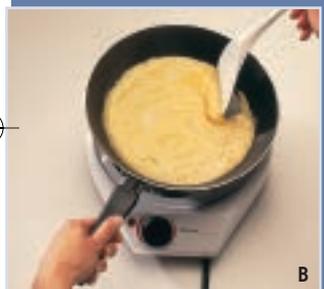
Prep time: 2 minutes

Cooking time: 4-5 minutes



| | | |
|--------|---------------------------|-------|
| 2 | eggs | 2 |
| 2 tbsp | water | 30 mL |
| | Salt and pepper, to taste | |
| 1 tbsp | butter | 15 mL |

- Beat together eggs and water; season with salt and pepper (picture A).
- Heat skillet over medium-high heat. Melt butter in skillet.
- Pour in egg mixture. As mixture sets at the edges, with spatula, gently push cooked portions toward the centre (picture B). Tilt and rotate the pan to allow uncooked egg to flow into the empty spaces.
- When egg is almost set on surface but still looks moist, cover one half of the omelette with filling, to taste.
- Slip spatula under the unfilled side, fold the omelette in half and slide onto a warm plate (picture C).



COOKING TIPS

- Pan is hot enough when a drop of water will roll around instead of bursting into steam immediately.
- The proper pan is important for successful omelette making. The right size pan 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 onto the plate.
- Always prepare several individual omelettes, rather than one large omelette. You will find each will be lighter, fluffier and easier to handle. Multiply the recipe for as many servings as you need and use 1/2 cup (125 mL) of egg mixture for each 2-egg omelette and 3/4 cup (175 mL) for each 3-egg omelette.

Strawberry-Mandarin Omelette

Prep time: 5 minutes

Cooking time: 8 minutes

| | | |
|--------|--|--------|
| 1 cup | sliced fresh strawberries | 250 mL |
| 1 can | (10 oz/284 mL) whole mandarin orange segments, drained | 1 can |
| 2 tbsp | sugar | 30 mL |
| 4 | eggs | 4 |
| 2 tbsp | <i>each</i> water, sugar and all-purpose flour | 30 mL |
| | Cooking spray | |

Combine strawberries, mandarin orange segments and 2 tbsp (30 mL) sugar in a bowl. Cover and let stand 10 minutes at room temperature. Beat together eggs, water, 2 tbsp (30 mL) sugar and flour; set aside. Spray an 8-inch (20 cm) non-stick skillet with cooking spray. Heat skillet over medium-high heat. Pour in half of egg mixture. As mixture sets at the edges, with spatula, gently push cooked portions towards centre. When eggs are almost set, place 1/2 cup (125 mL) fruit filling in the middle of the omelette. Fold both sides of the omelette towards the centre tapering one end to form a cone shape. Slide onto a warm plate. Repeat procedure to make the second omelette. Garnish with remaining fruit filling.

Makes 2 servings.

Nutrients Per Serving

Calories: 380
 Carbohydrate: 55.3 g
 Protein: 14.2 g
 Fat: 12.2 g



Basic Quiche

Prep time: 8 minutes

Cooking time: 40 minutes

Standing time: 10 minutes



A

| | | |
|------------|---|--------|
| 1 | prebaked 9-inch (23 cm) pie shell | 1 |
| | Filling ingredients | |
| 4 | eggs | 4 |
| 1-1/2 cups | table cream or evaporated milk, undiluted | 375 mL |
| 1/2 tsp | dried herbs or other seasoning | 2 mL |
| | Salt and pepper, to taste | |

- In a pie shell, spread filling ingredients (picture A).
- Beat eggs and combine with cream and desired seasoning (picture B).
- Pour the custard mixture over the filling (picture C).
- Bake in 350°F (180°C) oven for 35 to 40 minutes or until a knife inserted near the centre comes out clean. Let stand 5 to 10 minutes and serve.

Makes 6 servings.



B



C

COOKING TIPS

- Reduce calories and save time by making a crustless quiche. Simply omit pie crust from quiche recipe and grease the pie plate or quiche pan before filling.
- As a party snack or hors-d'oeuvre, cook the quiche custard in a 9-inch (23 cm) square cake pan and cut into squares to serve. Or fill pre-baked mini tart shells with quiche filling.
- Cooked quiche may be refrigerated for up to three days or frozen for one month.
- Bake quiche in the lower third of the oven. The bottom crust will be crisp and the rim won't be over-brown.

Country Quiche

Prep time: 15 minutes

Cooking time: 25 minutes

| | | |
|------------|-------------------------------------|--------|
| 2 tbsp | dry bread crumbs | 30 mL |
| 2 cups | diced cooked ham, chicken or turkey | 500 mL |
| 1-1/2 cups | chopped cooked vegetables | 375 mL |
| 1/2 cup | chopped green onions | 125 mL |
| 1-1/2 cups | shredded Swiss or Cheddar cheese | 375 mL |
| 5 | eggs | 5 |
| 2 cups | milk | 500 mL |
| 1/2 tsp | salt | 2 mL |
| | Cayenne pepper, to taste | |

Sprinkle bread crumbs over bottom of a well buttered 15 x 10-inch (38 x 25 cm) jelly-roll pan. Scatter ham, chicken or turkey, vegetables, green onions and cheese in pan. Beat together eggs, milk, salt and cayenne pepper just until blended. Pour over ingredients in the pan. Bake in a 350°F (180°C) oven for about 25 minutes or until egg mixture is just set. Do not overbake. Let stand 5 minutes. Cut into rectangles and serve hot, warm or at room temperature.

Makes 6 to 8 servings.

Nutrients Per Serving

Calories: 267
Carbohydrate: 12.9 g
Protein: 6.7 g
Fat: 20.9 g



Basic Meringue

Prep time: 5 minutes

Cooking time: 4 minutes



| | | |
|---------|-------------|-------|
| 3 | egg whites | 3 |
| 1/4 tsp | lemon juice | 1 mL |
| 1/4 cup | sugar | 50 mL |

- Beat egg whites with lemon juice until frothy (picture A).
- Gradually beat in sugar until mixture forms soft peaks (picture B). To obtain stiff peaks, continue beating (picture C).
- Spread over hot filling. Bake in 425°F (220°C) oven for 4 to 5 minutes or until meringue is golden or microwave on MEDIUM-HIGH (70%) for 3 to 4 minutes or until set. Makes enough for a 9-inch (23 cm) pie.



B



C

COOKING TIPS

- Use a glass or metal bowl; plastic bowls can have a greasy film that can prevent foaming.
- Check to be sure sugar is dissolved by rubbing a little of the beaten meringue between your thumb and forefinger. If it feels gritty, beat a little longer.
- To bake meringues, spray baking sheets with non-stick vegetable coating or line with parchment paper.
- Separate the eggs while still cold. Be sure no yolk slips in with the white to interfere with the foam formation.
- 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.

Lemon Meringue Pie

Prep time: 5 minutes

Cooking time: 10 minutes

| | | |
|------------|--------------------------------|--------|
| 1 | baked 9-inch (23 cm) pie crust | 1 |
| 1-1/4 cups | granulated sugar | 300 mL |
| 6 tbsp | cornstarch | 100 mL |
| 1/4 tsp | salt | 1 mL |
| 2 cups | water | 500 mL |
| 3 | egg yolks, slightly beaten | 3 |
| 1/2 cup | freshly squeezed lemon juice | 125 mL |
| 1 tbsp | butter | 15 mL |

In a saucepan, combine sugar, cornstarch and salt. Stir in water gradually. Cook over medium heat, stirring constantly, until mixture thickens. Remove from heat. Stir a small amount of cooked mixture into beaten egg yolks. Add egg mixture to remaining cooked mixture in saucepan. Bring to a boil, stirring constantly. Remove from heat.

Stir in lemon juice and butter. Fill baked pastry shell with lemon filling. Spread meringue (see Basic Meringue) on filling. Seal to edge of crust to prevent shrinking. Bake in 425°F (220°C) oven for 4 to 5 minutes or until meringue is golden.

Makes one 9-inch (23 cm) pie.

Nutrients Per Serving

Calories: 293
Carbohydrate: 52.0 g
Protein: 3.1 g
Fat: 8.6 g

