

EGG FARMERS' FAVOURITES

10 Recipes
from
Canadian
Egg Farmers



PRIDE IN EVERY EGG

"I love what I do!"

IT'S A STATEMENT OFTEN MADE BY EGG FARMERS. They chose the profession and rural lifestyle of farming because they enjoy working with hens, and they take great pride in providing a nutritious food for their family, community and province.

Canadian egg farmers work hard every day to give their hens the best possible care so Canadians have a constant supply of fresh, high-quality and locally produced eggs. They also enjoy contributing to their community and are always pleased to share with others why they take great pride in what they do.

On the following pages, we would like to introduce you to 10 Canadian egg farmers.

To learn more about egg farming in Canada and meet other farmers,
visit eggs.ca/meet-our-farmers

10 DELICIOUS EGG RECIPES FROM 10 CANADIAN EGG FARMERS

WHO BETTER TO ASK FOR GREAT-TASTING WAYS TO EAT EGGS?

Farmers throughout the country have contributed some of their favourite recipes. We hope you are inspired to give them a try, and that they become your favourite recipes too.



Smoked Salmon and Dill Crêpes (British Columbia)	2
Chocolate Krinkles (Alberta)	4
Chopped Chef Salad (Saskatchewan)	6
Zesty Eggplant Frittata (Manitoba)	8
Finnish Oven Pancakes (Ontario)	10
Ham, Brie and Egg Pitas (Quebec)	12
Lobster Eggs Benedict (New Brunswick)	14
Blueberry Cake (Nova Scotia)	16
Red Sand-Dusted Devilled Eggs (Prince Edward Island)	18
Sunrise Egg Sandwiches (Newfoundland and Labrador)	20
Did You Know? Interesting Facts about Hens and Eggs	22

SMOKED SALMON AND DILL CRÊPES



Willy and
Monica Fitzl

Second Nature Farm, Langley, BC
3rd Generation Egg Farmers

Makes: 24 crêpes • Prep: 5 minutes • Chill: 30 minutes • Cook: 30 minutes

4	eggs	4
1/2 tsp	salt	2 mL
2 cups	all-purpose flour	500 mL
2 cups	milk (1%)	500 mL
1/4 cup	vegetable oil	50 mL
1-1/2 cups	sour cream or crème fraîche	375 mL
1/4 cup	chopped fresh dill	50 mL
2 pkg (150 g)	thinly sliced smoked salmon, cut in small pieces	2

Combine eggs and salt in medium bowl. Gradually add flour alternately with milk, beating with electric mixer or whisking until smooth. Beat or whisk in oil.

Cover and refrigerate batter for at least 30 minutes to allow flour to expand and air bubbles to collapse.

Spray 8-inch (20 cm) non-stick skillet or crêpe pan with cooking spray. Heat over medium-high heat until water droplets sizzle when sprinkled into skillet. Stir batter. Pour about 3 tbsp (45 mL) batter into skillet all at once. Quickly tilt and rotate skillet to coat bottom with batter. (Batter should flow readily. If it has thickened during standing time, add about 2 tbsp (25 mL) milk to batter in bowl.)

Cook until bottom of crêpe is slightly browned, about 45 seconds. Turn crêpe over. Cook for 15 to 30 seconds on second side. Transfer to plate. Repeat with remaining batter, adding more cooking spray to skillet if crêpes start to stick.

Combine sour cream and dill in small bowl. Spread about 1 tbsp (15 mL) mixture on one crêpe. Arrange a few pieces of salmon over top. Fold crêpe into quarters or roll up. Repeat with remaining crêpes.

Willy and Monica enjoy the versatility crêpes offer. Smoked salmon, sour cream and fresh dill make a classic West Coast filling. Or try summer-fresh berries and softly whipped cream.

TIPS

- * Instead of sour cream and dill filling, use dill-flavoured spreadable cream cheese.
- * Any leftover crêpes can be stacked, layered with waxed paper, then wrapped well and frozen for up to 4 months.

CHOCOLATE KRINKLES



Roseglen Hutterite Colony

Hilda, Alberta
4th Generation Egg Farmers

Makes: 30 to 36 cookies • Prep: 20 minutes • Chill: 4 hours • Bake: 10 minutes
Oven Temp: 350°F (180°C)

1 cup	granulated sugar	250 mL
1/2 cup	unsweetened cocoa powder	125 mL
1/4 cup	vegetable oil	50 mL
2	eggs	2
1 tsp	vanilla	5 mL
1 cup	all-purpose flour	250 mL
1 tsp	baking powder	5 mL
1/4 tsp	salt	1 mL
1/3 cup	icing sugar	75 mL

Combine sugar, cocoa and oil in large bowl; with electric mixer, beat until combined and appearance resembles wet sand. Beat in eggs, one at a time. Beat in vanilla.

Stir together flour, baking powder and salt in small bowl. Add to cocoa mixture, beating to mix evenly.

Cover and refrigerate cookie dough for at least 4 hours or overnight.

When ready to bake, spray cookie sheet with cooking spray or line with parchment paper or silicone baking mat.

Scoop heaping teaspoonsful of cookie dough; roll into balls. Place in icing sugar and roll to coat completely. Place 10 to 12 balls on prepared cookie sheet about 2 inches (5 cm) apart.

Bake in preheated 350°F (180°C) oven until surfaces of cookies crack and interiors still look slightly moist, 10 to 12 minutes. Cool on wire rack. Repeat with remaining cookie dough.

*These fudgy sugar-coated cookies
are much loved by the
Roseglen Hutterite Colony.
In fact, the recipe they use calls
for 90 eggs, 52 cups flour
and 11-1/4 cups oil!
That's a big batch
of cookies!*

TIPS

* Ground cinnamon can be added to the icing sugar. Or roll the cookies in coloured sugar or sprinkles.

CHOPPED CHEF SALAD



Shawn Harman

Section Seven Farms, Humboldt, Saskatchewan
3rd Generation Egg Farmers

Makes: 6 servings • Prep: 20 minutes

6 cups	chopped or torn lettuce greens	1.5 L
1	medium carrot, thinly sliced	1
1	large tomato, diced	1
1	medium cucumber, sliced and slices cut in half	1
1/2 cup	diced onion	125 mL
7 oz	chopped cooked turkey	200 g
1/4 cup	olive oil	50 mL
2 tbsp	fresh lemon juice	25 mL
1/2 tsp	dried oregano	2 mL
1/8 tsp	salt	0.5 mL
Pinch	pepper	Pinch
2 tbsp	grated Parmesan cheese	25 mL
4	eggs, hard-cooked and peeled*	4

Place lettuce evenly on bottom of medium bowl (about 3 qt/3 L). Top with layers of carrot, tomato, cucumber, onion and turkey.

Whisk oil, lemon juice, oregano, salt and pepper in small bowl. Drizzle over top of salad. Sprinkle Parmesan cheese evenly over top.

Cut eggs into quarters. Place on top of salad.

To serve salad, scoop down to bottom of bowl to reach all the layers.

* For instructions on hard-cooking eggs, see Red Sand-Dusted Devilled Eggs recipe on page 18.

Shawn's family has been eating this salad for years because it's easy to make and nutritious. To show off the colourful layers of chopped, diced and sliced ingredients, prepare the salad in a glass bowl.

TIPS

* Instead of turkey, use chicken, ham or bacon. Or substitute additional vegetables such as celery, sweet pepper, mushrooms or zucchini. Try shredded or cubed Cheddar, Havarti, Swiss or Monterey Jack cheese in place of Parmesan.

* Substitute 1/3 cup (75 mL) of your favourite dressing for the oil and lemon juice mixture.



ZESTY EGGPLANT FRITTATA



Doug and
Sherry Pauls

Highplain Farms, Niverville, Manitoba
2nd Generation Egg Farmers

Makes: 6 servings • Prep: 20 minutes • Bake: 35 minutes • Oven Temp: 425°F (220°C)

1	medium eggplant, cubed	1
2 cups	cherry or grape tomatoes (1 pint), halved	500 mL
1/2 cup	pitted olives, halved	125 mL
1	small onion, coarsely chopped	1
2	cloves garlic, sliced	2
3 tbsp	olive oil	45 mL
2 tsp	red wine vinegar	10 mL
1/2 tsp	dried oregano	2 mL
1/2 tsp	hot pepper flakes	2 mL
1/8 tsp	pepper	0.5 mL
8	eggs	8
1/3 cup	chopped fresh parsley	75 mL
1/4 cup	water	50 mL

Combine eggplant, cherry tomatoes, olives, onion, garlic, oil, vinegar, oregano and hot pepper flakes in large bowl; toss gently to combine. Spoon mixture onto large baking sheet; spread evenly.

Roast in preheated 425°F (220°C) oven, stirring halfway through cooking time, until vegetables are tender and lightly browned, 25 to 30 minutes. Remove from oven. Leave oven on.

Whisk eggs, parsley and water. Lightly spray 10- or 12-inch (25 or 30 cm) non-stick ovenproof skillet with cooking spray. Heat skillet over medium heat. Pour egg mixture into skillet. As eggs set around edge of skillet, with spatula, gently lift cooked portions to allow uncooked egg to flow underneath. Cook until bottom is set and surface is still somewhat liquid, 6 or 7 minutes.

Remove skillet from heat; spoon eggplant and tomato mixture over top of frittata. Return to oven and bake until egg mixture is set, about 10 minutes.

*Doug and Sherry know frittatas
are a versatile dish for any meal.
In this favourite version, the egg base
is topped with seasoned roasted
vegetables. The Pauls family likes
to use vegetables from
their garden.*

TIPS

* Hot pepper flakes are also known as chili flakes or crushed red pepper.

* If necessary, ovenproof the skillet's handle by wrapping it in a double thickness of aluminum foil.



FINNISH OVEN PANCAKES



Hubert
and Cindy Schillings

White Feather Farms, Oshawa, Ontario
2nd Generation Egg Farmers

Makes: 4 servings • Prep: 10 minutes • Bake: 20 minutes • Oven Temp: 400°F (200°C)

2	eggs	2
1 tbsp	melted butter, cooled	15 mL
3 tbsp	granulated sugar	45 mL
1/4 tsp	salt	1 mL
2 cups	milk (1%)	500 mL
1 cup	all-purpose flour	250 mL
	toppings/fillings (see TIPS)	

Preheat oven to 400°F (200°C). Line bottoms and sides of two 15 x 10-inch (38 x 25 cm) rimmed baking sheets or jelly roll pans with aluminum foil. Brush foil well with oil using about 1-1/2 tsp (7 mL) per baking sheet. Place baking sheets in oven for 3 to 4 minutes just before adding pancake batter.

Beat eggs with electric mixer in large bowl until blended. Beat in butter, then sugar, salt and milk. Add flour, beating well until blended.

Remove hot baking sheets from oven. Pour 1-1/2 cups (375 mL) egg mixture into each. Place baking sheets in oven. Bake until bubbles form and surface browns, about 20 minutes, switching position of pans in oven after 10 minutes.

Remove from oven. Bubbles will deflate. Starting at short end, roll up pancakes. Cut pancakes in half or slices to serve. Top as desired.

This recipe was introduced to the Schillings family by friends in Thunder Bay, Ontario years ago. Turn on the oven light while the pancakes are baking to watch large bubbles develop on the baking sheet. It's quite a show!

TIPS

- * If you only have one baking sheet, the recipe can be divided in half to serve two, or bake the second pancake immediately after the first.
- * Top or fill pancakes with any of the following options: slightly sweetened fresh or frozen (thawed) berries and vanilla yogurt; chocolate hazelnut spread, sliced bananas and chocolate syrup; sautéed sliced apples, ground cinnamon, sugar and maple syrup.

HAM, BRIE AND EGG PITAS



Danny Guillemette
and H  l  ne Claude

Ferme Danny Guillemette et H  l  ne Claude,
Le Gardeur, Quebec
1st Generation Egg Farmers

Makes: 4 pita halves • Prep: 10 minutes • Cook: 8 minutes

6	eggs	6
1 tsp	vegetable oil	5 mL
2	shallots, finely chopped	2
1/3 cup	finely chopped sweet green pepper	75 mL
1/3 cup	chopped smoked or maple-flavoured ham	75 mL
1/4 cup	diced Brie cheese (about 30 g)	50 mL
2	whole wheat pita breads	2
4 tsp	Dijon mustard	20 mL
4	large lettuce leaves	4

Whisk eggs in small bowl; set aside.

Heat oil in large non-stick skillet over medium heat. Add shallots and green pepper; cook, stirring frequently, until softened, about 5 minutes.

Pour eggs into skillet. Add ham and cheese. As mixture begins to set, gently move spatula across bottom and side of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains. Remove from heat.

Cut pitas in half. Carefully open pockets and spread 1 tsp (5 mL) mustard inside each half. Line with lettuce. Spoon scrambled egg mixture into each pita.

*Danny and H  l  ne suggest adding
ham and Brie cheese to
scrambled eggs and serving
them in lettuce-lined pita pockets.
It's a delicious grab
and go meal.*

TIPS

- * Instead of Brie, use goat cheese or a shredded hard cheese such as old Cheddar.
- * Pesto, relish or a favourite sandwich spread can be substituted for the mustard.



LOBSTER EGGS BENEDICT



Marc Ouellet

Morneault Poultry Farm, St. Jacques, New Brunswick
2nd Generation Egg Farmers

Makes: 2 to 4 servings • Prep: 15 minutes • Cook: 3 minutes

4	Hollandaise sauce	4
1/2 tbsp	eggs	7 mL
2	vinegar (optional)	
2	whole wheat English muffins	2
2	cooked 1 lb (450 g) lobsters, meat removed (about 6 oz/180 g meat)	2

Prepare Hollandaise sauce (see recipe below); cover to keep warm.

Bring 3 inches (8 cm) of cold water to boil. Add vinegar, if desired. Lower heat to reduce water to simmer. One at a time, break each egg into a small dish and gently slip egg into simmering water. Cook until yolks are done as desired, about 3 minutes for soft yolks.

Meanwhile, split English muffins and toast. Divide lobster meat over four English muffin halves.

Remove eggs from water with slotted spoon. Place on paper towel briefly to remove excess water. Set eggs on top of lobster. Spoon about 2 tbsp (25 mL) Hollandaise sauce over each egg.

Hollandaise sauce: Whisk 2 egg yolks in small microwave-safe bowl. Add 2 tsp (10 mL) lemon juice and 1/8 tsp (0.5 mL) sugar; whisk to combine. Melt 6 tbsp (90 mL) butter; add to yolk mixture while whisking constantly. Microwave on Medium-High for 20 seconds; whisk mixture. Microwave for another 15 seconds; whisk again. Sauce will thicken and turn pale yellow.

*Marc loves lobster. And eggs!
This winning recipe was created
by Scott Brooker. If lobsters aren't
readily available where you live,
substitute peameal or
back bacon, or ham.*

TIPS

- * For poached eggs with a compact shape, use fresh eggs and poach in simmering, not boiling, water. Adding vinegar to the poaching water can help to keep the eggs compact.
- * If overcooked, Hollandaise sauce can curdle. If this happens, gradually whisk curdled sauce into 2 tsp (10 mL) hot water.



BLUEBERRY CAKE



Jill and Sharon Thomas

Scotia Poultry Farm Ltd, Cole Harbour, Nova Scotia
1st and 2nd Generation Egg Farmers

Makes: 12 servings • Prep: 20 minutes • Bake: 40 minutes
Oven Temp: 350°F (180°C)

Topping:

1 cup	packed brown sugar	250 mL
1 tsp	ground cinnamon	5 mL
2 tbsp	melted butter	25 mL

Cake:

1/2 cup	butter, softened	125 mL	2 tsp	baking powder	10 mL
1 cup	granulated sugar	250 mL	3/4 tsp	salt	4 mL
2	eggs	2	2/3 cup	milk (1%)	150 mL
1 tsp	vanilla	5 mL	2 cups	wild, fresh or frozen blueberries	500 mL
2 cups	all-purpose flour	500 mL			

Topping: Stir brown sugar and cinnamon together in small bowl. Add butter; stir until blended. Set aside.

Cake: Lightly grease and flour 9 x 13-inch (23 x 33 cm) baking pan. Set aside.

Beat butter and sugar in large bowl with electric mixer until blended. Add eggs and vanilla; beat until blended.

Stir flour, baking powder and salt together in medium bowl. Add a third of flour mixture to egg mixture; beat just until blended. Add half of milk; beat just until blended. Continue alternating flour mixture and milk until both are incorporated into batter. Add blueberries; stir batter gently by hand just until combined. Spread batter into prepared baking pan. Sprinkle topping evenly over batter.

Bake in preheated 350°F (180°C) oven until toothpick inserted near centre of cake comes out clean, 40 to 45 minutes.

Nova Scotia wild blueberries and a crunchy brown sugar and cinnamon topping flavour this easy cake from Jill and Sharon. Enjoy it plain, or top each serving with lightly sweetened whipped cream or a scoop of ice cream.

TIPS

* This cake is especially delicious made with wild blueberries.

* For a nut topping, replace 1/3 cup (75 mL) sugar with 1/4 cup (50 mL) all-purpose flour, and add 1/2 cup (125 mL) sliced almonds or finely chopped walnuts.



RED SAND-DUSTED DEVILLED EGGS



Leith and Midge Murray
and Leah Marchbank

Murray's Poultry Farm, Kensington, PEI
1st and 2nd Generation Egg Farmers

Makes: 24 devilled eggs • Prep: 20 minutes • Stand: 18 minutes

12	eggs	12
1/2 cup	mayonnaise (or more, to taste)	125 mL
1/8 tsp	salt	0.5 mL
	paprika, for garnish	

Place cold eggs in single layer in saucepan. Cover with at least 1 inch (2.5 cm) cold water over top of the eggs. Cover saucepan with lid and bring water to boil over high heat. Immediately remove pan from heat to stop boiling. Let eggs stand in water, covered, for 18 minutes. Drain water and immediately run cold water over eggs until cooled.

When cooled, peel eggs. Slice eggs in half from end to end. Scoop yolks into medium bowl; set egg whites aside. Add mayonnaise to yolks; stir mixture, mashing yolks well, until creamy and smooth.

Spoon yolk mixture into egg white halves, or transfer yolk mixture into plastic sandwich bag; snip a small corner off bag and pipe yolk mixture into egg whites. (Piping bag with decorative tip can also be used to pipe yolk mixture.) Sprinkle paprika over devilled eggs to garnish.

Serve immediately or cover and store in refrigerator. Serve within two days.

Devilled eggs have been a family favourite for Leith and Midge since their children were little. They enjoy making this simple recipe during holidays such as Christmas and Easter or whenever the craving strikes.

TIPS

- * For easiest peeling, use eggs that have been in the refrigerator the longest. The less fresh the eggs, the easier they will be to peel.
- * Dijon or prepared mustard, chopped fresh herbs, minced garlic or green onion, or hot pepper sauce can be added to the yolk mixture.

SUNRISE EGG SANDWICHES



Curtis Somerton

Munn Poultry Farm, Portugal Cove,
Newfoundland and Labrador, 3rd Generation Egg Farmers

Makes: 4 servings • Prep: 5 minutes • Cook: 5 minutes

3 tbsp	light mayonnaise or salad dressing	45 mL
2 tbsp	milk (1%)	25 mL
1 tbsp	grated Parmesan cheese	15 mL
1 tsp	lemon juice	5 mL
1/2 tsp	grated lemon rind	2 mL
4	eggs	4
1	medium tomato, thinly sliced	1
4	slices multigrain, French or Italian bread	4

Place mayonnaise in small microwave-safe bowl; whisk in milk. Microwave on Medium just until hot, about 45 seconds, stirring after 30 seconds. Whisk in Parmesan cheese, lemon juice and rind until smooth. Set sauce aside.

Spray large non-stick skillet with cooking spray. Heat skillet over medium heat. Crack eggs into skillet. Break yolks with edge of spatula. Cook eggs to preferred doneness.

Place tomato slices on two slices of bread. Top with fried eggs. Spoon about 1 tbsp (15 mL) warm sauce over each egg. Cover each with second slice of bread.

Curtis recommends these protein-packed sandwiches as a delicious start to one's day, no matter whether it begins at sunrise or perhaps a little later.

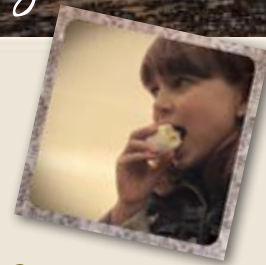
TIPS

- * The Parmesan cheese sauce can be made ahead and refrigerated. When ready to serve, warm briefly in microwave on Medium-High.
- * Instead of sliced bread, use English muffins, kaisers or burger buns.

DID YOU KNOW?

Interesting Facts about Hens and Eggs

1 A hen's diet may consist of corn, grains, protein, vitamins and minerals, and water. It does not contain hormones or antibiotics as they are not necessary for the hen to lay eggs.



2 The food a hen eats affects the yolk colour of her eggs. If she eats a wheat-based diet, she lays eggs with pale yellow yolks. Feed that contains corn or alfalfa produces eggs with medium yellow yolks.

3 Hens fed a diet that contains flax seed lay omega-3 eggs. These eggs have dark yellow yolks.



4 Egg size is related to the age of the hen. As a hen gets older, she lays larger eggs.



5 Eggs are graded by weight, not size. Eggs of a particular size, such as large, must fall within a specified weight range.



6 Canada's system of egg supply management ensures that Canadians have access to fresh, high-quality and locally produced eggs.



7 For the freshest, best quality eggs, buy Canada "Grade A" eggs that have been kept refrigerated and have clean uncracked shells. Look on the carton for the maple leaf symbol with an "A" inside it; this indicates Canada "Grade A" quality.

8 Refrigerating eggs helps to preserve their freshness. Ideally, eggs should be stored in their carton, in the main body of the fridge. The Best Before date is stamped on the carton.



9 Eggs are an excellent source of high-quality protein that provides long-lasting energy. Many vitamins and minerals, including riboflavin, folate, vitamin B12, vitamin D and iron, are also found in eggs.



10 Two eggs are considered one serving in the Meat and Alternatives group in *Canada's Food Guide*.

FOR MORE RECIPES AND INFORMATION:

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

Fédération des producteurs d'œufs
de consommation du Québec

oeuf.ca

New Brunswick Egg Producers

nbegg.ca

Nova Scotia Egg Producers

nsegg.ca

Egg Producers of Prince Edward Island

eggspei.ca

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