



Baked Chicken Fingers

This breaded and baked chicken fingers recipe demonstrates the use of eggs as a coating agent. How do the eggs bind the breaded coating?

Prep time: 10 minutes

Cooking time: 25 minutes

Yields: 4 servings

Ingredients

- ½ cup (125 ml) flour
- 1 egg
- 1 tbsp (15 ml) water
- ½ cup (125 ml) panko bread crumbs
- ¼ cup (60 ml) cornmeal
- 1 tsp (5 ml) paprika
- ½ tsp (2 ml) salt
- ¼ tsp (1 ml) pepper
- 2 boneless, skinless chicken breasts

Instructions

1. Preheat oven to 375° F (190° C). Grease a rimmed baking sheet or line with nonstick foil or parchment paper.
2. Place flour in a pie plate.
3. Beat together egg and water in a second pie plate.
4. Combine panko, cornmeal, paprika, salt and pepper in a third pie plate.
5. Slice chicken into eight strips.
6. Working with one strip at a time, dredge strips in flour mixture shaking off excess. Dip strips into egg mixture, turning to coat both sides. Place strips in panko mixture, pressing lightly so that panko mixture adheres; turn to coat both sides. Place strips in a single layer on prepared pan.
7. Bake until strips are completely cooked and coating is golden brown, about 20 to 25 minutes.



Watch a video that demonstrates a breaded and baked chicken fingers recipe and look for similarities and differences on the Dairy Goodness website at www.dairygoodness.ca/recipes/oven-baked-chicken-fingers-with-zesty-caesar-dip.

Adapted from Atco Blue Flame Kitchen *Panko-Crusted Chicken Fingers*
www.atcoblueflamekitchen.com/Recipes/Recipe-Box/PANKO-CRUSTED-CHICKEN-FINGERS

Tips

Try dipping chicken fingers in yogurt dill dip, bbq sauce, Thai chili sauce or plum sauce.

Nutrients per serving	Food groups per serving
Calories – 254 kcal	Vegetables and Fruit – 0
Protein – 25 g	Grain Products – 1.5
Fat – 4 g	Milk and Alternatives – 0
Carbohydrates – 28 g	Meat and Alternatives – 0.9
Fibre – 1.9 g	
Sodium – 459 mg	
Calcium – 40 mg	

www.eatracker.ca/recipe_analyzer.aspx



Photograph and recipe courtesy of Egg Farmers of Canada – www.eggs.ca

Basic Devilled Eggs

Devilled eggs demonstrate the use of the eggs as an emulsifying agent in the mayonnaise. Why are pasteurized liquid eggs used to make mayonnaise in this recipe?

Prep time: 15 minutes

Yields: 24 servings

Ingredients

Mayonnaise*

- ¼ cup (60 ml) pasteurized liquid eggs, well shaken
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) Dijon mustard
- Pinch each of salt and pepper
- ⅔ cup (150 ml) canola oil

Devilled Eggs

- 12 hard-cooked eggs, peeled
- ¼ cup (60 ml) mayonnaise
- 2 tsp (10 ml) Dijon mustard
- ¼ tsp (1 ml) salt
- ¼ tsp (1 ml) pepper
- Pinch of paprika (optional)

*This mayonnaise recipe yields one cup (250 ml), so not all will be used in the devilled eggs.

Instructions

Mayonnaise

1. In a blender, combine all ingredients.
2. Blend well and serve.
3. Keep unused mayonnaise refrigerated.

Devilled Eggs

1. Cut eggs in half lengthwise.
2. Remove yolks and place in medium bowl. Set egg whites aside.
3. Mash yolks with fork and stir in mayonnaise, mustard, salt and pepper.
4. Spoon or pipe yolk mixture into egg white halves.
5. Sprinkle paprika over top, if desired.
6. Serve immediately or cover and store in refrigerator. Serve within two days.



Watch a video that shows how to hard cook an egg on the Egg Farmers of Canada website at www.eggs.ca/recipes/basic-devilled-eggs.

Adapted from Egg Farmers of Canada *Devilled Eggs*
www.eggs.ca/recipes/basic-devilled-eggs

Burnbrae Farms *Omega Pro Mayonnaise* www.burnbraefarms.com/consumer/recipe_nest/recipe_display.asp?id=50



Variations

Start with the first three ingredients in the basic recipe: 12 hard-cooked peeled eggs, ¼ cup (60 ml) mayonnaise and 2 tsp (10 ml) Dijon mustard. Then, add any of the following ingredient combinations to the yolk mixture.

Smoked Salmon

½ cup (125 ml) finely chopped smoked salmon; 4 tsp (20 ml) capers, minced; ¼ tsp (1 ml) pepper; 2 tbsp (30 ml) chopped fresh dill; 1 tsp (5 ml) lemon juice

Garnish with smoked salmon and/or dill if desired.

Dill

4 tsp (20 ml) finely chopped roasted red pepper; 1 tsp (5 ml) dried dill; ½ tsp (2 ml) lemon juice; pinch salt; pinch pepper

Garnish with red pepper strips and/or black caviar if desired.

California-Style

2 tbsp (30 ml) finely chopped, drained oil-packed sun-dried tomatoes; 4 tsp (20 ml) chopped fresh basil; 1 tsp (5 ml) balsamic vinegar; ¼ tsp (1 ml) salt; pinch pepper

Garnish with chopped sun-dried tomatoes and/or small fresh basil leaves if desired.

Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.
- ☑ How to hard cook eggs:
 - Place cold eggs in a single layer in a saucepan. Cover with at least 1 inch (2.5 cm) cold water over tops of the eggs.
 - Cover saucepan and bring quickly to a boil over high heat. Immediately remove pan from heat to stop boiling. Let eggs stand in water for 18 to 23 minutes.
 - Drain water and immediately run cold water over eggs until cooled.
 - Rapid cooling helps prevent a grey ring from forming around the yolks.
- ☑ How to peel hard-cooked eggs:
 - Crackle 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.
 - Hold the egg under cold running water or dip it in a bowl of water to help remove the shell.
- ☑ To determine whether an egg is hard-cooked or raw, spin it. If it spins round and round evenly, it is hard-cooked. If it wobbles while spinning, it is a raw egg.

Nutrients per serving	Food groups per serving
Calories – 52 kcal	Vegetables and Fruit – 0
Protein – 3 g	Grain Products – 0
Fat – 4 g	Milk and Alternatives – 0
Carbohydrates – 0 g	Meat and Alternatives – 0.25
Fibre – 0 g	
Sodium – 67 mg	
Calcium – 13 mg	

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Basic Fried Eggs

Fried eggs are usually thought of as a breakfast food, but add protein to other meals as well. What principles of protein cookery apply when frying eggs?

Prep time: 1 minute

Cooking time: 1 minute

Yields: 1 serving

Ingredients

2 eggs

Salt and pepper (optional)

Instructions

1. Spray small non-stick skillet with cooking spray. Heat skillet over medium heat.
2. Break eggs into skillet. Cook until done as desired.
3. Transfer eggs to plate, yolk up. Season with salt and pepper if desired.
4. For **sunny-side up**, cook just until whites are set.
5. For **over-easy**, cook until whites are set. Turn over and cook just long enough for a white film to form over yolks, about 30 seconds.
6. For **over well**, cook until whites are set. Turn eggs over and cook until eggs are completely set, about 1 minute.
7. For **well done** or **steam-fried** eggs, prepare sunny-side up eggs. Cover skillet during last minute of cooking, or spoon 1 tsp (5 ml) water over each egg and cover pan. Cook until done as desired.

From Egg Farmers of Canada *Basic Fried Eggs* www.eggs.ca/recipes/basic-fried-eggs



Variations

Egg Burger

Break egg into moderately hot non-stick skillet. Break yolk with edge of spatula. When egg white is set, turn over and cook other side. Place egg on warmed or toasted hamburger bun. Top with garnishes, such as tomato slice, lettuce, cooked mushrooms, red or green peppers, crisp cooked bacon, pickles, relish or ketchup. To make a **Cheesy Egg Burger**, place a cheese slice on top of egg while egg finishes cooking.

Pizza Eggs

Break two eggs into moderately hot non-stick skillet. Sprinkle finely chopped cooked bacon or pepperoni and Parmesan cheese over top. Cook over low heat for about 1 minute. Add 1 tsp (5 ml) water and cover pan. While eggs are cooking, spread 1 tbsp (15 ml) warmed pizza or tomato sauce on each half of toasted English muffin. When eggs are cooked as desired, place on English muffin halves.

Pita Eggs

Break two eggs into moderately hot non-stick skillet so they touch each other. Break each yolk gently with spatula. Sprinkle chili powder and pepper over top. Cook as desired. Spread inside of a pita pocket with light mayonnaise and line with tomato slices and lettuce leaves. Tuck fried eggs inside pita, folding slightly if necessary.

Shaped Fried Eggs

Choose simple cookie cutters, such as flowers, circles, stars or hearts, that are approximately 3 inches (8 cm) in diameter. Spray the inside of the cookie cutters with cooking spray and place in moderately hot non-stick skillet. Break an egg into each cookie cutter. Cook slowly until eggs are set. Remove cookie cutters, using a small pointed knife to help loosen eggs if necessary.

Pepper-Ringed Eggs

Follow recipe for Shaped Fried Eggs but use 1-inch (2.5 cm) rings cut from a seeded red or green pepper.

Nutrients per serving	Food groups per serving
Calories – 148 kcal	Vegetables and Fruit – 0
Protein – 12 g	Grain Products – 0
Fat – 11 g	Milk and Alternatives – 0
Carbohydrates – 2 g	Meat and Alternatives – 1
Fibre – 0 g	
Sodium – 132 mg	
Calcium – 48 mg	

www.eatracker.ca/recipe_analyzer.aspx



Basic Mayonnaise

Mayonnaise demonstrates the use of eggs as an emulsifying agent. What is the role of the lemon juice in this recipe?

Prep time: 5 minutes

Yields: 1 cup (approximately 16 tbsp)

Ingredients

- ¼ cup (60 ml) pasteurized liquid eggs, well shaken
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) Dijon mustard
- Pinch of each salt and pepper
- ⅔ cup (150 ml) canola oil

Instructions

1. In a blender, combine all ingredients.
2. Blend well and serve.
3. Keep unused mayonnaise refrigerated.

Adapted from Burnbrae Farms *Omega Pro Mayonnaise*

www.burnbraefarms.com/consumer/recipe_nest/recipe_display.asp?id=50

Variations

Add one of the following to basic mayonnaise and blend.

Roasted Garlic

- 1 tbsp (15 ml) mashed roasted garlic

Bombay

- ¾ tsp (3 ml) mild Indian curry paste

Garden Herb

- 1 to 2 tbsp (15-30 ml) chopped fresh basil, thyme or chives

California

- 1 tbsp (15 ml) sun-dried tomato paste

Spicy Stampede

- 2 tsp (10 ml) spiced cayenne chipotle sauce



Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.

Nutrients per serving	Food groups per serving
Calories – 81 kcal	Vegetables and Fruit – 0
Protein – 1 g	Grain Products – 0
Fat – 9 g	Milk and Alternatives – 0
Carbohydrates – 0 g	Meat and Alternatives – 0
Fibre – 0 g	
Sodium – 25 mg	
Calcium – 3 mg	

www.eatracker.ca/recipe_analyzer.aspx



Basic Meatballs

This meatball recipe demonstrates the use of eggs as a binding agent.

Prep time: 15 minutes

Cooking time: 15 minutes

Yields: 4 servings

Ingredients

- 1 lb (500 g) extra lean ground beef
- 1 lightly beaten **egg**
- ½ cup (125 ml) dry whole wheat bread crumbs
- ⅓ cup (75 ml) finely grated carrot and shredded onion
- 1 tbs (15 ml) Worcestershire sauce
- ½ tsp (2 ml) pepper

Instructions

1. Preheat oven to 400° F (200° C).
2. Lightly combine all ingredients; form into about 28 one-inch (2.5 cm) balls.
3. Bake on a lightly oiled foil-lined baking tray for 15 minutes, until digital rapid-read thermometer inserted into centre of several meatballs reads 160° F (71° C).



Watch a video that demonstrates a stuffed meatball recipe and look for similarities and differences on the Dairy Goodness website at

www.dairygoodness.ca/recipes/cheddar-stuffed-meatballs-with-rosemary.

Used with permission from Government of Alberta: Healthy U All
Kinds O' Meatballs www.healthyalberta.com/recipe_detail.html?id=402881823831ca82013831cdc06300a3



Variations

Italian

- Add 2 tbsp (30 ml) low sodium pizza sauce and 1 tsp (5 ml) dried oregano. Serve with extra pizza sauce or spaghetti sauce.

Mexican

- Add 1 tbsp (15 ml) chili powder and 2 minced garlic cloves. Serve with salsa.

Asian

- Add 2 tbsp (30 ml) hoisin sauce and ½ tsp (2 ml) ground ginger. Serve with peanut sauce or sweet and sour sauce.

Nutrients per serving	Food groups per serving
Calories – 276 kcal	Vegetables and Fruit – 0.3
Protein – 30 g	Grain Products – 0.5
Fat – 11 g	Milk and Alternatives – 0
Carbohydrates – 13 g	Meat and Alternatives – 1.3
Fibre – 1.1 g	
Sodium – 239 mg	
Calcium – 51 mg	

Dry, grated, plain bread crumbs used in analysis

www.eattracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Basic Omelette

Omelettes are a cooked egg dish that can be filled with a range of different foods to make a multitude of dishes. Why must the egg white and yolk be well mixed together?

Prep time: 2 minutes

Cooking time: 4 minutes

Yields: 1 serving

Ingredients

- 2 eggs
- 2 tbsp (30 ml) water
- Pinch each of salt and pepper
- Filling ingredients, such as **cheese**, mushrooms, green peppers

Instructions

1. Whisk eggs, water, salt and pepper.
2. Spray an 8-inch (20 cm) non-stick skillet with with cooking spray. Heat over medium high heat. Pour in egg mixture. As eggs set around edge of skillet, use a spatula to gently push cooked portions toward centre of skillet. Tilt and rotate skillet to allow uncooked egg to flow into empty spaces.
3. When eggs are almost set on surface but still look moist, cover half of omelette with filling. Slip spatula under unfilled side and fold over onto filled half.
4. Cook for a minute, then slide omelette onto a plate.



Watch a video that shows how to cook the perfect omelette on the Egg Farmers of Canada website at www.eggs.ca/recipes/basic-omelette.

From Egg Farmers of Canada Basic Omelette www.eggs.ca/eggs101/view/11/cooking-the-perfect-omelette

Variations

Western Omelette

Spray skillet with cooking spray or heat 1 tsp (5 ml) vegetable oil in skillet. Add ¼ cup (50 ml) finely chopped ham, 2 tbsp (30 ml) chopped sweet green pepper and 1 tbsp (15 ml) finely chopped onion. Cook, stirring frequently, until vegetables are tender. Pour in egg mixture and cook as directed in the Basic Omelette recipe.

Strawberry Orange Omelette

Replace water in the Basic Omelette recipe with orange juice. Cook as directed. Fill omelette with ½ cup (125 ml) sliced fresh strawberries. Sprinkle omelette with icing sugar or garnish with a dollop of whipped cream.

Fine Herbs Omelette

Add 2 tbsp (30 ml) finely chopped parsley, 1 tsp (5 ml) finely chopped green onion, ½ tsp (2 ml) dried tarragon and ⅛ tsp (0.5 ml) finely chopped garlic to egg mixture in the Basic Omelette recipe. Cook as directed.

Egg Dog

When eggs are cooked on the bottom and just cooked on top, slide omelette onto a plate. Place cheese cubes or strips in a line close to one end. Roll up, starting at end with cheese. Place cooked bacon strips and rolled omelette in hotdog bun.

Pita Eggwich

Place folded omelette inside a pita lined with pesto, Dijon mustard or mayonnaise. Tuck tomato slices and lettuce leaves into pita.

Tips

- Using the proper skillet or pan is important to 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.
- An omelette can be made quickly and easier if the skillet is hot when the egg mixture is added. The skillet is hot enough when a drop of water rolls around instead of bursting into steam immediately.
- Preparing individual omelettes, rather than one large one, will result in lighter and fluffier omelettes that are easier to handle.
- The Basic Omelette recipe can be multiplied for as many servings as you need. Use ½ cup (125 ml) of egg mixture for each 2-egg omelette and ¾ cup (175 ml) for a 3-egg omelette.

Nutrients per serving	Food groups per serving
Calories – 148 kcal	Vegetables and Fruit – 0
Protein – 12 g	Grain Products – 0
Fat – 11 g	Milk and Alternatives – 0
Carbohydrates – 2 g	Meat and Alternatives – 1
Fibre – 0 g	
Sodium – 207 mg	
Calcium – 39 mg	

www.eattracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Basic Soufflé

Soufflés demonstrate how eggs act as a leavening agent. How does this recipe also apply principles of protein cookery?

Prep time: 10 minutes

Cooking time: 25 minutes

Yields: 4 servings

Ingredients

- 2 tbsp (30 ml) **butter**
- 2 tbsp (30 ml) all-purpose flour
- ½ tsp (2 ml) salt
- Pinch of ground pepper
- ¾ cup (175 ml) **milk** (1%)
- 4 **eggs**
- 2 **egg whites**
- ¼ tsp (1 ml) cream of tartar

Instructions

1. Preheat oven to 375° F (190° C).
2. In medium saucepan, melt butter over low heat. Stir in flour, salt and pepper. Cook, stirring constantly, until mixture is smooth and bubbly. Stir in milk all at once. Continue stirring until mixture boils and is smooth and thickened.
3. Separate eggs. Beat yolks well and add ¼ cup (50 ml) of warm sauce mixture to egg yolks.
4. Combine yolk mixture with remaining sauce, blending thoroughly. If desired, add finely chopped filling ingredients and seasoning, stirring into the white sauce until well blended (see variations). Set sauce aside to cool slightly.
5. In a large bowl, beat egg whites and cream of tartar 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.
6. Carefully pour into a 4-cup (1 L) soufflé or casserole dish.
7. Bake for 20 to 25 minutes until puffed and lightly browned. Serve immediately.



Search the internet for videos on "how to make a cheese soufflé" and compare the steps to those in this recipe.

Adapted from Egg Farmers of Canada *Basic Soufflé*
www.eggs.ca/recipes/basic-souffle



Variations

Cheese Soufflé

- Stir 1 cup (250 ml) grated Swiss cheese and 2 tbsp (30 ml) chopped green onions into sauce mixture.

Crab Soufflé

- Stir 1 can (6 oz/170 g) crab meat, drained, ½ tsp (2 ml) each dried thyme and curry powder and ¼ tsp (1 ml) garlic salt into sauce mixture.

Vegetable Soufflé

- Stir 1 cup (250 ml) cooked shredded carrots, ½ cup (125 ml) grated cheddar cheese and ¼ tsp (1 ml) dried dill weed into sauce mixture.

Tips

- ☑ Never add egg yolks to a hot sauce all at once as they may begin to coagulate too rapidly and form lumps.
- ☑ It is easier to separate the white from the yolk when an egg is cold.
- ☑ A small funnel is handy for separating egg whites from yolks. Place the funnel over a measuring cup. Crack the egg over the funnel. The white will run through and the yolk will remain in the funnel.
- ☑ To make a collar for a soufflé if needed, cut a strip of aluminum foil, double thickness, 4 inches (10 cm) wide and long enough to go around the dish, allowing for at least a 3-inch (8 cm) overlap. Wrap it around the outside of the dish and fasten with string. The collar should extend 2 to 3 inches (5 to 8 cm) above the rim of the dish.

Nutrients per serving	Food groups per serving
Calories – 171 kcal	Vegetables and Fruit – 0
Protein – 10 g	Grain Products – 0.2
Fat – 12 g	Milk and Alternatives – 0.2
Carbohydrates – 6 g	Meat and Alternatives – 0.7
Fibre – 0.1 g	
Sodium – 449 mg	
Calcium – 85 mg	

1% milk used in analysis

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Basic Stovetop Scrambled Eggs

Scrambled eggs are a versatile cooked egg dish. What causes the eggs to coagulate when scrambling them?

Prep time: 2 minutes

Cooking time: 2 minutes

Yields: 1 serving

Ingredients

- 2 eggs
- 2 tbsp (30 ml) milk (1%)
- Pinch each of salt and pepper

Instructions

1. Whisk eggs, milk, salt and pepper in small bowl.
2. Spray skillet with cooking spray. Heat skillet over medium high heat until hot enough to sizzle a drop of water.
3. Pour in egg mixture and immediately reduce heat to medium low, As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds.
4. Cook until eggs are thickened and no visible liquid egg remains, but the eggs are not dry.



Watch a video that shows how to make stovetop scrambled eggs on the Egg Farmers of Canada website at www.eggs.ca/eggs101/view/5/how-to-make-stovetop-scrambled-eggs.

Adapted from Egg Farmers of Canada Basic Stovetop Scrambled Eggs www.eggs.ca/recipes/basic-stovetop-scrambled-eggs



Variations

- Scramble eggs with ¼ cup (50 ml) shredded cheddar or Mozzarella cheese.
- Scramble eggs with ¼ cup (50 ml) well-drained salsa and ¼ cup (50 ml) shredded Tex-Mex cheese blend.
- Sauté 1 chopped small zucchini and 1 diced small onion in 1 tsp (5 ml) vegetable oil until softened. Add 1½ cups (375 ml) pasta sauce with garden vegetables; simmer for 5 minutes and set aside. Scramble 6 eggs with ⅓ cup (75 ml) milk. Spoon pasta sauce mixture over eggs.

Tips

- Add chopped fresh or dried herbs to whisked eggs before scrambling, or sprinkle with fresh herbs over scrambled eggs before serving.
- Although it's best to serve scrambled eggs immediately after cooking, you can keep them warm for a short time by covering and placing them over a pan of hot water instead of holding them over direct heat.
- Slow cooking will create scrambled eggs that are fluffy, creamy and thick.

Nutrients per serving	Food groups per serving
Calories – 166 kcal	Vegetables and Fruit – 0
Protein – 13 g	Grain Products – 0
Fat – 11 g	Milk and Alternatives – 0
Carbohydrates – 3 g	Meat and Alternatives – 1
Fibre – 0 g	
Sodium – 146 mg	
Calcium – 32 mg	

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Béarnaise Sauce

Béarnaise sauce demonstrates the use of eggs as an emulsifying agent. Why is a whisk an effective kitchen implement to use when preparing this recipe?

Prep time: 5 minutes

Cooking time: 3 minutes

Yields: 8 servings

Ingredients

- 3 egg yolks
- ¼ cup (60 ml) water
- 1 tbsp (15 ml) tarragon vinegar
- Pinch each of salt and cayenne pepper
- ½ cup (125 ml) **butter**, melted
- 1 tbsp (15 ml) chopped fresh parsley and ½ tsp (2 ml) dried tarragon

Instructions

1. In a bowl, whisk egg yolks in glass or stainless steel bowl until frothy. Then, whisk in tarragon vinegar, cayenne pepper and salt.
2. Place bowl over saucepan of simmering water and heat. Whisk constantly until egg mixture turns pale yellow, thickens slightly and increases in volume. Remove from heat.
3. Slowly whisk in melted butter until sauce is smooth and thickened. Whisk in parsley and tarragon.
4. Serve warm.



Search the internet for videos on "how to make Béarnaise sauce" and compare the steps to those in this recipe.

Adapted from Egg Farmers of Canada *Béarnaise Sauce Variation*
www.eggs.ca/recipes/hollandaise-sauce



Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.
- ☑ Curdling may occur due to overbeating or adding butter too quickly. To rescue a curdled sauce, place 1 tbsp (15 ml) water in a medium bowl. Whisk a small amount of separated sauce into water until it becomes smooth. Keep adding sauce slowly, while continuing to whisk vigorously.
- ☑ Serve warm Béarnaise sauce over grilled vegetables, meats or crepes.

Nutrients per serving	Food groups per serving
Calories – 130 kcal	Vegetables and Fruit – 0
Protein – 1 g	Grain Products – 0
Fat – 14 g	Milk and Alternatives – 0
Carbohydrates – 0 g	Meat and Alternatives – 0.1
Fibre – 0 g	
Sodium – 92 mg	
Calcium – 10 mg	

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Eggs Benedict

Eggs Benedict is a classic breakfast dish that combines poached eggs with Hollandaise sauce. In the Hollandaise sauce, the eggs act as an emulsifying agent between the lemon juice and the butter.

Prep time: 10 minutes

Cooking time: 10 minutes

Yields: 8 servings

Ingredients

Hollandaise Sauce

- ½ cup (125 ml) **butter**, melted
- 3 **egg yolks**
- 1 tbsp (15 ml) lemon juice
- Pinch of cayenne pepper or dry mustard
- Pinch of salt

Eggs Benedict

- Water
- Vinegar
- 8 **eggs**
- 4 whole wheat English muffins, split and toasted
- 8 slices of lean back bacon

Instructions

Hollandaise Sauce

1. Whisk egg yolks in glass or stainless steel bowl until frothy. Whisk in lemon juice, cayenne pepper and salt.
2. Set bowl over saucepan containing about 1-1/2 inches (4 cm) simmering water. (Bottom of bowl should not touch water.) Heat, whisking constantly, until egg mixture turns pale yellow, thickens slightly and increases in volume. Remove from heat.
3. Slowly whisk in melted butter until sauce is smooth and thickened. Serve warm.

Eggs Benedict

1. Poach eggs with one of the following methods:
 - a. **Stovetop poaching method**

Fill saucepan with about 3 inches (8 cm) of water. Add a splash of vinegar. Heat until water simmers gently. Break cold egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water. Repeat for remaining eggs. Cook in barely simmering water until whites are set and yolks are cooked as desired, 3 to 5 minutes. Remove eggs with slotted spoon and drain well on paper towel.
 - b. **Microwave poaching method**

Pour ½ cup (75 ml) water into small deep bowl. Bring to boil on high (100% power). Break eggs, one at a time, and slip into water. Pierce yolk membranes with fork. Cover with plastic wrap, leaving small steam vent. Cook until whites are set and yolks are cooked as desired, 40 to 60 seconds. Let stand, covered, for 1 minute. Remove eggs from bowl and drain well on paper towel.
2. Top each English muffin half with a slice of back bacon, a poached egg and 2 tbsp (30 ml) Hollandaise sauce.



Watch a video that shows how to poach an egg on the Egg Farmers of Canada website at www.eggs.ca/recipes/eggs-benedict.

Adapted from Egg Farmers of Canada Hollandaise Sauce www.eggs.ca/recipes/hollandaise-sauce and Egg Farmers of Canada Eggs Benedict www.eggs.ca/recipes/eggs-benedict

Variations

- For stronger lemon flavour, add ¼ tsp (1 ml) grated lemon rind with the lemon juice.

Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.
- ☑ Curdling may occur due to overbeating or adding butter too quickly. To rescue a curdled sauce, place 1 tbsp (15 ml) water in a medium bowl. Whisk a small amount of separated sauce into water until it becomes smooth. Keep adding sauce slowly, while continuing to whisk vigorously.
- ☑ Hollandaise sauce may be frozen. To use, thaw in refrigerator. Warm in double boiler over hot, but not boiling, water, stirring constantly. If sauce should separate, use procedure described above.

Nutrients per serving	Food groups per serving
Calories – 310 kcal	Vegetables and Fruit – 0
Protein – 16 g	Grain Products – 0.9
Fat – 21 g	Milk and Alternatives – 0
Carbohydrates – 15 g	Meat and Alternatives – 1.0
Fibre – 2.6 g	
Sodium – 775 mg	
Calcium – 130 mg	

Regular sliced ham (11% fat) used in analysis
www.eattracker.ca/recipe_analyzer.aspx



Hollandaise Sauce

Hollandaise sauce demonstrates the use of eggs as an emulsifying agent. What prevents curdling from occurring?

Prep time: 5 minutes

Cooking time: 5 minutes

Yields: 4 servings of 2 tbsp (30 ml) each

Ingredients

½ cup (125 ml) **butter**

3 **egg yolks**

1 tbsp (15 ml) lemon juice

Salt, cayenne pepper and dry mustard to taste

Instructions

1. Microwave butter for 50 to 60 seconds on high in a 2-cup (500 ml) glass measuring cup, until melted.
2. Whisk together egg yolks, lemon juice and seasonings in a 4-cup (1 L) glass measuring cup.
3. Whisk melted butter gradually into egg yolk mixture, beating constantly.
4. Microwave on medium for 20 to 30 seconds, until sauce thickens. Whisk halfway through and at the end of cooking to produce a smooth sauce. Serve warm.



Watch a video that demonstrates how to make a Béchamel sauce on the Dairy Goodness website at

www.dairygoodness.ca/recipes/bechamel-sauce.

Egg Farmers of Alberta *Hollandaise Sauce*

www.eggs.ab.ca/recipes-1/eggs-benedict-with-hollandaise-sauce



Variations

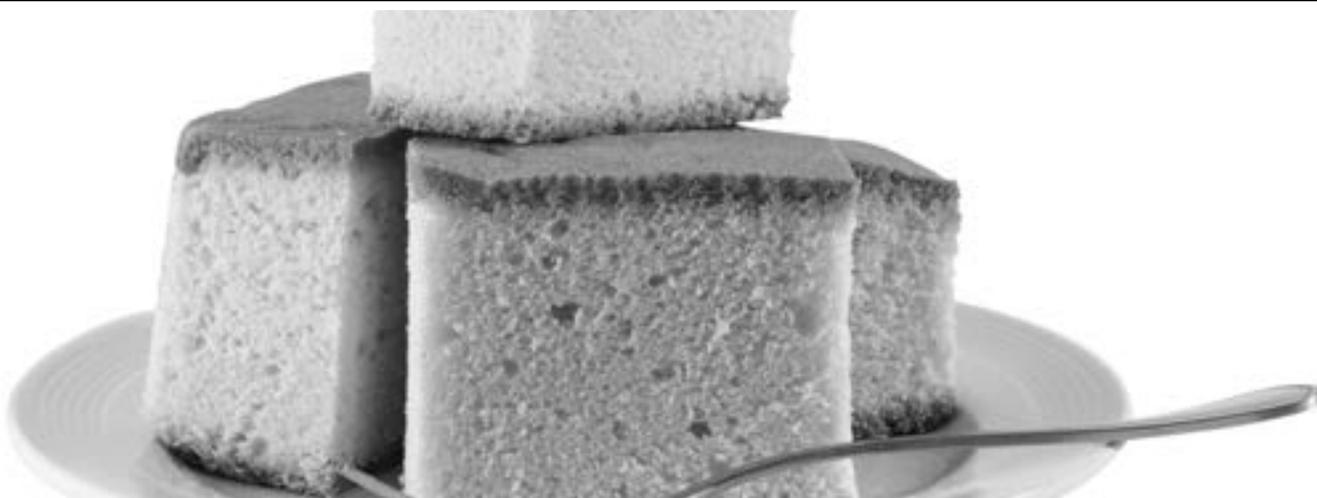
- For stronger lemon flavour, add $\frac{1}{4}$ tsp (1 ml) grated lemon rind with the lemon juice.

Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.
- ☑ Curdling may occur due to overbeating or adding butter too quickly. To rescue a curdled sauce, place 1 tbsp (15 ml) water in a medium bowl. Whisk a small amount of separated sauce into water until it becomes smooth. Keep adding sauce slowly, while continuing to whisk vigorously.
- ☑ Hollandaise sauce may be frozen. To use, thaw in refrigerator. Warm in double boiler over hot, but not boiling, water, stirring constantly. If sauce should separate, use procedure described above.
- ☑ Serve warm Hollandaise sauce over eggs, fish, seafood or vegetables such as asparagus and broccoli.

Nutrients per serving	Food groups per serving
Calories – 259 kcal	Vegetables and Fruit – 0
Protein – 1.8 g	Grain Products – 0
Fat – 28 g	Milk and Alternatives – 0
Carbohydrates – 0.4 g	Meat and Alternatives – 0.5
Fibre – 0 g	
Sodium – 184 mg	
Calcium – 20 mg	

www.eattracker.ca/recipe_analyzer.aspx



Lemon Cake with Lemon Cream Sauce

Sponge cakes demonstrate how eggs act as a leavening agent. the use of eggs as a leavening agent. How do the beaten eggs in the sponge cake react to heat?

Prep time: 15 minutes

Cooking time: 35 minutes

Yields: 6 servings

Ingredients

Lemon Cake

- 2 cups (500 ml) all-purpose flour
- 1½ tsp (7 ml) baking powder
- Pinch of salt
- Grated zest of 2 lemons, reserve 1 tsp (5 ml) for sauce
- 1¼ cup (310 ml) sugar
- 1 cup (250 ml) 2% plain yogurt
- ¼ cup (60 ml) butter, melted
- ¼ cup (60 ml) freshly squeezed lemon juice
- 2 eggs
- ½ tsp (2 ml) baking soda

Lemon Cream Sauce

- 1 cup (250 ml) 2% plain yogurt
- 2 tbsp (30 ml) sugar
- 2 cups (500 ml) prepared fresh, frozen or drained canned fruit

Instructions

Lemon Sponge Cake

1. Preheat oven to 350° F (180° C).
2. Butter a 10-inch (25 cm) bundt pan.
3. In a small bowl, whisk flour, baking powder, salt and zest.
4. In a large bowl whisk sugar, yogurt, butter, lemon juice and eggs, until combined. Whisk in baking soda.
5. Using a large spoon, add flour mixture, one-third at time, stirring after each addition, just until batter is blended.
6. Spread into prepared pan, smoothing top.
7. Bake for 35 minutes or until a tester comes out clean. Let cool in pan on a rack for 15 minutes. Invert onto rack, remove pan and cool completely.

Lemon Cream Sauce

1. In a small bowl stir together yogurt, sugar and reserved 1 tsp (5 ml) lemon zest.
2. Cover and refrigerate until ready to serve or up to 2 days.
3. Cut eighteen ½-inch (1 cm) slices of the lemon cake. Place 3 slices of cake on each serving plate. Drizzle with Lemon Cream Sauce. Spoon fruit on top.

Dairy Goodness: Dairy Farmers of Canada Luscious Lemon Cake with Lemon Cream Sauce

www.dairygoodness.ca/recipes/luscious-lemon-cake-with-lemon-cream-sauce



Variations

- For another easy dessert idea, layer cubed Lemon Cake with yogurt and fruit in individual glasses.
- Try vanilla yogurt instead of the Lemon Cream Sauce.

Tips

- If you don't have a bundt pan, bake in 8-inch (20 cm) square baking pan for 40 minutes or until tester comes out clean.
- Scrub and dry the lemons and grate the zest before juicing them. To extract maximum amount of juice, bring lemons to room temperature and then roll them on the counter with pressure to break up the juice cells. Leftover juice can be stored covered in the refrigerator for a few days or frozen for future use.
- Yogurt can vary considerably in fat content. Those with 2% M.F. or less are lower in fat.

Nutrients per serving	Food groups per serving
Calories – 358 kcal	Vegetables and Fruit – 0
Protein – 8 g	Grain Products – 0.4
Fat – 8 g	Milk and Alternatives – 0.25
Carbohydrates – 6.5 g	Meat and Alternatives – 0
Fibre – 2.3 g	
Sodium – 246 mg	
Calcium – 156 mg	

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Meringue Kisses

Meringues demonstrate the use of eggs as a leavening agent. Why do egg whites beat to a larger volume at room temperature?

Prep time: 20 minutes

Cooking time: 35 minutes

Yields: 48 servings

Ingredients

- 6 egg whites, at room temperature
- ¼ tsp (1 ml) cream of tartar
- 1½ cups (375 ml) sugar
- 1 tsp (5 ml) vanilla extract

Instructions

1. Preheat oven to 275° F (140° C).
2. Line baking sheet with parchment paper or spray with cooking spray.
3. Beat egg whites in large bowl with electric mixer until frothy.
4. Add cream of tartar and beat until soft peaks form.
5. Gradually beat in sugar, 1 to 2 tbsp (15 to 30 ml) at a time, until sugar is dissolved and stiff glossy peaks form.
6. Beat in vanilla.
7. Pipe or dollop about 2 tbsp (30 ml) meringue per cookie on baking sheet.
8. Bake in preheated oven until firm, about 30 to 35 minutes.
9. Cool completely on wire racks.



Search the internet for videos on "how to make a meringue" and compare the steps to those in this recipe.

Adapted from Egg Farmers of Canada *Hard Meringues*
www.eggs.ca/recipes/hard-meringues



Variations

Large Meringue Kisses

Spoon about ½ cup (125 ml) meringue on a prepared baking sheet. Pull meringue into a peak resembling a large chocolate kiss using your hands. Smooth the sides. Repeat with remaining meringue. Bake until meringues are firm, about 45 minutes. Cool completely on wire racks. Makes 8 large meringues.

Meringue Shells

Draw ten 4-inch (10 cm) circles on parchment and paper. Place paper upside-down on a baking sheet. Spoon ⅓ cup (75 ml) meringue on each circle. Spread meringue with spoon to form shells, making sides higher than centres. Bake until firm, about 45 minutes. Cool completely on wire racks. Makes 10 to 12 shells.

Pavlova Shell

Draw a 10-inch (25 cm) circle on parchment paper; place paper upside-down on a baking sheet. Spoon meringue onto circle. Spread with a spoon, forming a shell and making side higher than centre. Bake until firm, about 1 ¼ hours. Turn oven off and leave meringue in oven for 4 hours with door closed.

Tips

- Use lemon juice instead of cream of tartar.
- It is easier to separate the white from the yolk when the egg is cold.
- Be sure no yolk slips in with the egg when separating the eggs. Yolk contains fat and any fat in with the whites will prevent the whites from beating to a good volume.
- 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.
- Use a glass or metal bowl. Plastic bowls can have a greasy film which will prevent the eggs from beating to a good volume.
- Check whether sugar is dissolved by rubbing a little of the beaten meringue between your thumb and forefinger. If it feels gritty, beat a little longer.

Nutrients per serving	Food groups per serving
Calories – 28 kcal	Vegetables and Fruit – 0
Protein – 0 g	Grain Products – 0
Fat – 0 g	Milk and Alternatives – 0
Carbohydrates – 7 g	Meat and Alternatives – 0
Fibre – 0 g	
Sodium – 7 mg	
Calcium – 0 mg	

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Quiche

A quiche combines eggs and milk with fillings such as cheese, meat and/or vegetables. How are the principles of cooking a quiche similar to those involved in cooking a custard?

Prep time: 15 minutes

Cooking time: 50 minutes

Yields: 8 servings

Ingredients

- 1 pre-baked 9-inch (23 cm) deep-dish pie shell
- Filling ingredients (see variations)
- 4 eggs
- 1½ cups (375 ml) **evaporated milk** or **light cream** (6%) or **half-and-half cream** (10%)

Instructions

1. Preheat oven to 350° F (180° C). Spread desired filling ingredients in pie shell.
2. Whisk eggs and milk or cream in medium bowl. Pour mixture over filling.
3. Bake in oven until a knife inserted near the centre comes out clean, 35 to 40 minutes. Let stand for 5 to 10 minutes before serving.



Watch a video that shows how to make a quiche on the Egg Farmers of Canada website at www.eggs.ca/recipes/basic-quiche.

From Egg Farmers of Canada Basic Quiche www.eggs.ca/recipes/basic-quiche



Variations

Corn Quiche

Combine 1 cup (250 ml) fresh, canned (drained) or frozen (thawed) corn, $\frac{3}{4}$ cup (175 ml) shredded cheddar cheese, $\frac{1}{4}$ cup (50 ml) finely chopped onion, and 2 tbsp (30 ml) chopped fresh parsley.

Quiche Lorraine

Combine 6 slices crumbled crisp bacon, 1 cup (250 ml) shredded Swiss cheese, $\frac{1}{4}$ cup (60 ml) minced green onion, $\frac{1}{4}$ cup (60 ml) each green and red pepper strips, $\frac{1}{4}$ tsp (1 ml) ground nutmeg and $\frac{1}{4}$ tsp (1 ml) dry mustard.

Mushroom Quiche

Combine 1 cup (250 ml) sautéed sliced mushrooms, $\frac{1}{2}$ cup (125 ml) shredded cheddar cheese and 1 tsp (5 ml) dried thyme.

Shrimp or Crab Quiche

Combine 1 cup (250 ml) cooked shrimp or crab meat, $\frac{3}{4}$ cup (175 ml) shredded Swiss or Gruyere cheese, $\frac{1}{4}$ cup (60 ml) chopped onion, $\frac{1}{4}$ cup (60 ml) chopped green pepper and 1 tsp (5 ml) dried tarragon.

Ham and Cheese Quiche

Omit pie shell. Spray pie or quiche pan with cooking spray. Line with crustless bread slices. Combine $\frac{3}{4}$ cup (175 ml) shredded Swiss cheese, $\frac{3}{4}$ cup (175 ml) diced cooked ham, $\frac{1}{4}$ cup (60 ml) chopped red or green bell pepper, and 2 tsp (10 ml) finely chopped fresh chives.

Quiche Squares

Omit pie shell. Spray a 9-inch (23 cm) square pan with cooking spray. Combine 1 package (350 g) frozen chopped broccoli (thawed and well drained), $1\frac{1}{2}$ cups (375 ml) shredded Swiss cheese and 2 tbsp (30 ml) Dijon mustard.

Mini-Quiches

Prepare quiche in $3 \times \frac{7}{8}$ inch (8 x 2 cm) tart shells. Or use slices of whole wheat bread as shells. Trim crusts from bread, then spread bread lightly with butter. Place buttered side down into muffin cups, pressing firmly. Bake in preheated 325° F (160° C) oven for 10 minutes. Remove and spoon filling ingredients. Then pour egg and milk mixture carefully over top, allowing it to be partially absorbed, then adding more. Bake until puffed and golden, 16 to 18 minutes. If edges brown before quiche is set, cover with aluminum foil. Makes about 24 mini quiches.

Tips

- To prebake pie shell, line the unbaked shell with 12-inch (30 cm) square of aluminum foil. Fill with raw rice or dried beans or peas to minimize shrinkage. Cover rim of shell with edges of foil. Bake in preheated 450° F (230° C) oven until lightly browned at edges, about 10 minutes. Lift out foil and rice. Cool on wire rack.
- Cooked quiche may be refrigerated for up to 3 days or frozen for one month, if suitably packaged.
- Any leftover egg mixture can be poured into custard cups and baked to make mini quiches.

Nutrients per serving	Food groups per serving
Calories – 155 kcal	Vegetables and Fruit – 0
Protein – 8 g	Grain Products – 0
Fat – 7 g	Milk and Alternatives – 0.5
Carbohydrates – 15 g	Meat and Alternatives – 0
Fibre – 0.5 g	
Sodium – 162 mg	
Calcium – 161 mg	

Basic quiche with no fillings and evaporated milk used in analysis

www.eatracker.ca/recipe_analyzer.aspx



Zucchini Sticks

This breaded and baked zucchini stick recipe demonstrates the use of eggs as a coating agent. How do the eggs stabilize the coating?

Prep time: 15 minutes

Cooking time: 20 minutes

Yields: 15 servings

Ingredients

- ¾ cup (175 ml) whole wheat bread crumbs
- ¼ cup (60 ml) grated **Parmesan cheese**
- ½ tsp (2 ml) garlic powder
- ½ tsp (2 ml) dried sage
- ¼ tsp (1 ml) freshly ground pepper
- 2 **eggs**
- 3 medium zucchini, cut into 3½-inch sticks
- 2 tbsp (30 ml) vegetable oil

Instructions

1. Preheat oven to 400° F (200° C). Lightly grease a baking sheet.
2. In a bowl combine bread crumbs, Parmesan cheese, garlic powder, sage and pepper and mix well.
3. In another bowl, beat eggs lightly.
4. Dip zucchini sticks into eggs and then in the bread crumb mixture. Transfer to prepared baking sheet.
5. Drizzle sticks with the vegetable oil and bake for 20 minutes or until lightly browned. Turn sticks over once halfway through baking time.

Used with permission from Government of Alberta: Healthy U Zucchini Sticks
www.healthyalberta.com/recipe_detail.html?id=402881823831ca82013831cda78c0051

Nutrients per serving	Food groups per serving
Calories – 62 kcal	Vegetables and Fruit – 0.7
Protein – 3 g	Grain Products – 0.2
Fat – 3 g	Milk and Alternatives – 0.1
Carbohydrates – 5 g	Meat and Alternatives – 0.1
Fibre – 0.7 g	
Sodium – 77 mg	
Calcium – 38 mg	

Dry, grated, plain bread crumbs and canola oil used in analysis
www.eattracker.ca/recipe_analyzer.aspx

