



the eggs press

NOVEMBER 2007

Totally Scrambled!

Unscramble the holiday treats below with eggs in their ingredients. **HINT:** Looks good on a tree and tastes good, too!!!

GRAUS EOCIOSK

DEBEIGARGNR
SOEHU

GGE ONG

TDUCRSA

YFGGI GPNIDUD

EAOOCHCLT KACE

TOSHRDREBA

KNPMUIP TRSAT

RTUFI KCAE

MYSTERY WORD:

The Bouncing Egg

Did you know that you can make an egg bounce like a rubber ball? It takes a couple of days but you're sure to impress as long as you make sure to bounce the egg outdoors!!

Instructions:

1. Place a hard-boiled egg with its shell still on in a tall glass of vinegar.
2. Let the egg sit in the vinegar for three days and then gently rinse the egg in warm water so that the shell comes off.
3. Once the shell has been removed, you will notice the egg feels like

a rubber ball or the soles of your snow boots. This is because the vinegar has eaten away the shell and made the inside of the egg very rubbery.

4. Take the egg outside and gently throw it and see how far it can go or, better yet, have a contest with your friends and see which rubber egg will go the farthest.

Clean-up Tip:

Try bouncing the egg on a surface covered by a plastic garbage bag or newspaper in order to save on clean-up time. Be sure to pick up any pieces of egg so there aren't any surprising smells.

Candy Cane Rice Pudding

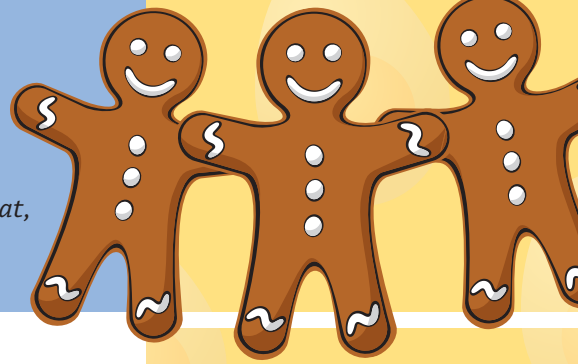
| | | |
|--------|-----------------------|--------|
| 1 L | cooked rice | 4 cups |
| 250 mL | sugar | 1 cup |
| 4 | eggs | 4 |
| 1 L | milk | 4 cups |
| 5 mL | vanilla | 1 tsp |
| 125 mL | raisins | ½ cup |
| 5 mL | powdered cinnamon | 1 tsp |
| 4 | candy canes, cinnamon | 4 |

Place all ingredients into bowl and mix together. Pour into a festive baking dish and bake for 25 minutes at 180° C (350° F). Crumble candy canes on top of baked rice pudding.



ALBERTA
Egg Producers
www.eggs.ab.ca

The **EGGSpres** is a monthly newsletter for kids! It features interesting egg facts, eggperiments, recipes, tricks, puzzles, crafts, jokes and other egg-citing activities. Although these activities are targeted to kids, we recommend involving an adult helper for double the fun. To sign up for this monthly newsletter in PDF format, just email eggspres@eggs.ab.ca.



Painted Gingerbread Cookies

Ingredients:

| | | |
|--------|-----------------|---------|
| 2.75 L | flour | 11 cups |
| 10 mL | baking soda | 2 tsp |
| 10 mL | salt | 2 tsp |
| 30 mL | ground ginger | 6 tsp |
| 20 mL | ground cinnamon | 4 tsp |
| 10 mL | ground cloves | 2 tsp |
| 500 mL | shortening | 2 cups |
| 500 mL | sugar | 2 cups |
| 750 mL | molasses | 3 cups |
| 4 | eggs | 4 |

Note: Makes about 6 dozen.

Egg Yolk Paint:

In a bowl, mix together.....

| | | |
|---------|----------------|---------|
| 1 | egg yolk | 1 |
| 2 mL | water | ½ tsp |
| 3 drops | food colouring | 3 drops |

Note: Use an egg carton as a palette and create many different paint colours or combinations.

Instructions:

1. Combine and mix flour, baking soda, salt, cloves, ginger and cinnamon in a medium bowl.
2. Melt shortening in a saucepan and transfer to large mixing bowl.
3. Gradually add sugar, molasses and eggs to shortening.
4. Gradually add dry ingredients to the large bowl and mix together.
5. Roll out dough on a lightly floured surface.
6. Use seasonal shaped cookie cutters to cut out cookies.
7. Using a small paint brush, paint cookies with egg yolk paint.
8. Place cookies on greased baking sheet about an inch apart.
9. Bake at 180° C (350° F) for 10 to 12 minutes.
10. Let cool and enjoy!!

Yoke of the Month:

Q. What do you call a head that's been hit by an egg?

A. Egg-noggin!!

Q. Why couldn't the egg draw a straight line?

A. Because his ideas were scrambled!!

Did You Know?

The best place to store eggs is in their carton on a shelf in the main body of the refrigerator. Keeping them in the egg compartment on the door will not provide a consistent and cool enough temperature.

What Do You Think?

Send us your ideas for *The EGGSpres*. Just email eggspres@eggs.ab.ca with your egg-cellent suggestions and we'll do our best to include them.

Crafts for Kidz!

Egg Carton Christmas Bells

Separate the egg cups from the carton with scissors and poke a hole in the centre of the egg cups. Decorate cups with paint, sparkles or markers. Tie small bell 2.5 cm from the end of a piece of 10 cm string. Thread the string through the inside of the egg cup until the knot hits the top of the cup. Tie a loop or use a decoration hook to hang the bells from the tree.

Egg-stra Credit: Send us a photo of your decorative bells in jpg format and receive an egg-cellent surprise in the mail. Include your name, age and mailing address in the email. Send your photo to: eggspres@eggs.ab.ca.



Involve Your School!

If your class does one of the activities in *The EGGSpres*, let us know by emailing eggspres@eggs.ab.ca. If you send a photo, we'll send something fun the whole class can enjoy.

ALBERTA
Egg Producers
www.eggs.ab.ca