



VARIATIONS FOR STRATA

Strata is just a simple word for "layers", so try some of these ideas for an easy, make-ahead breakfast, lunch or dinner.

- Sourdough, brie, sharp cheddar & Monterey Jack cheese, cottage cheese & chives.
- French bread, cheddar cheese, onions, green & red bell peppers.
- Sharp cheddar cheese, sliced onions & sliced mushrooms (try mixing in some Portabella mushrooms for a bigger flavour).



HAM & CHEESE STRATA

A great make-ahead egg dish!

15	slices bread	15
750 mL	Swiss cheese, shredded	3 cups
30 mL	dried onion, minced	2 tbsp
284 g	package broccoli, frozen, chopped & drained	10 oz
500 mL	ham, diced	2 cups
6	eggs, slightly beaten	6
875 mL	milk	3½ cups
1 mL	salt	¼ tsp
1 mL	dry mustard	¼ tsp
	paprika	

1. Using a doughnut cutter, cut 15 circles and holes from the bread and set aside. Tear leftover bread crusts into small pieces and place in a greased 33×23×5 cm (13"×9"×2") baking dish.
2. Sprinkle cheese and onion over the bread. Layer with broccoli and ham.
3. Arrange the bread circles and holes over the ham.
4. Combine eggs, milk, salt and mustard; pour over all.
5. Cover and chill for 8 hours or overnight. Remove from the refrigerator 30 minutes before baking.
6. Bake, uncovered, at 170° C (325° F) for 50 minutes; sprinkle with paprika. Bake an additional 10 minutes or until golden brown. Let stand for 5 minutes before cutting. Serves 12–16.



EGGSTRAVAGANCE is all about eggs, featuring recipe ideas and cooking tips to help make eggs a part of your healthy lifestyle. To subscribe, please send an email to eggstravagance@eggs.ab.ca. EGGSTRAVAGANCE is published monthly by the Alberta Egg Producers.



EGG-CELLENT IDEAS: SCRAMBLED EGG BRUSCHETTA

1	baguette	1
	butter for baguette	
150 mL	Roma tomatoes, chopped	⅔ cup
75 mL	green onions, thinly sliced	⅓ cup
4	eggs	4
5 mL	Dijon mustard	1 tsp
1 mL	basil, crumbled	¼ tsp
½ mL	salt	⅛ tsp
dash	pepper, freshly ground	Dash
50 mL	milk	¼ cup
50 mL	ham, diced	¼ cup
15 mL	butter	1 tbs

1. Cut baguette diagonally into 1.25 cm (½ in) thick slices. Lightly butter one side of each slice. Place slices, buttered side up, in a single layer on a cookie sheet. Bake at 200° C (400° F) for 8–10 minutes or until lightly toasted. Cool.
2. Combine tomatoes and onion; set aside.
3. In a bowl, whisk together eggs, mustard, basil, salt and pepper until blended. Whisk in milk.
4. In a frying pan over medium heat, sauté ham in butter for 2 minutes. Add egg mixture to frying pan and cook until mixture begins to set on the bottom and around the edges of the pan. Lift and fold cooked egg mixture with a spatula so that the uncooked portion flows underneath. Continue to cook for 2–3 minutes or just until the eggs are cooked through. Do not overcook.
5. Spoon a small amount of egg mixture onto the toasted baguette slices. Sprinkle evenly with tomatoes and onion. Serves 6–8.



DID YOU KNOW...

Turn egg shells into a nutrient boost for your bedding out plants! Crush up egg shells and add them to a jug of water. Let sit for several days, then shake well. Use the mix on blooming perennials and bedding out plants for a calcium boost.

FEEDBACK:

Do you compost your egg shells? Send us your composting tips to eggstravagance@eggs.ab.ca and be entered to win a Get Cracking prize pack.

EGGS 101

Tips for a Perfect Soft-Cooked Egg

1. Place cold eggs in a single layer in a saucepan. Cover eggs with cold water, making sure the water reaches about 2.5 cm (1 inch) above the top of the eggs.
2. Cover the saucepan and bring the water quickly to a boil. Immediately remove the pan from the heat to stop the boiling.
3. Let the eggs stand in the water for about 4 minutes.
4. Drain the water and run cold water over the eggs until cooled.

EGG TIP:

Yes, you can freeze eggs! For details on how to freeze egg whites and yolks separately, check out www.eggs.ab.ca.

EGG FACT:

Eggs are a source of vitamin D, which is used in the absorption of calcium and phosphorus, and is essential for bone health.