

LEEK FILO BITES

Perfect for evening entertaining or a breakfast crowd!

8	eggs	
2	medium leeks, finely chopped	500 mL
1 tsp	butter	5 mL
1 cup	white cheddar cheese	250 mL
¼ tsp	dry mustard	1 mL
½ tsp	pepper	2 mL
¼ tsp	nutmeg	1 mL
¼ cup	milk	50 mL
¼ tsp	salt	1 mL
½ tsp	pepper	1 mL
2 sheets	filo dough, frozen	

1. Remove the filo dough from freezer and thaw according to package instructions.
2. Carefully stack 3 sheets of filo dough together.
3. Cut the filo dough into 4 cm (2 X 2 inch) squares.
4. Preheat the oven to 190 °C (375 °F).
5. Spray a muffin tin with non-stick spray and line each cup with a stack of filo dough.
6. In a large pan, sauté the chopped leeks in butter until soft and beginning to brown, about 10 minutes.
7. In a medium bowl combine the eggs, milk, nutmeg, mustard, salt and pepper. Whisk until thoroughly combined.
8. Line each muffin tin with some cheddar cheese. Use about half the cheese.
9. Evenly divide the egg mixture into each muffin cup, they should be about half full.
10. Top each cup with the remaining cheese.
11. Bake for 25 minutes until the filling has risen and set.
12. Allow to cool for 5 minutes before transferring the cups to a wire rack.



EGGS 101

Pickled Eggs

1. Place 12 hard-cooked eggs in a sealable, heat-proof container.
 2. In a large saucepan combine 375 mL (1½ cups) cider vinegar, 125 mL (½ cup) apple juice, 10 mL (2 tsp) whole mustard seeds, 2 tsp salt.
 3. Simmer for 15 minutes
 4. Pour liquid over eggs and allow to cool slightly.
 5. Cover eggs and refrigerate for 24 hours. Be sure to store these in the refrigerator.
- For a delicious variation, use rice wine vinegar, soy sauce and grated ginger instead.

EGG-CELLENT IDEAS

PERFECT POPOVERS

4	eggs	
1 cup	milk	250 mL
1 cup	flour	250 mL
3 tbsp	butter, melted	45 mL
¼ tsp	salt	1 mL



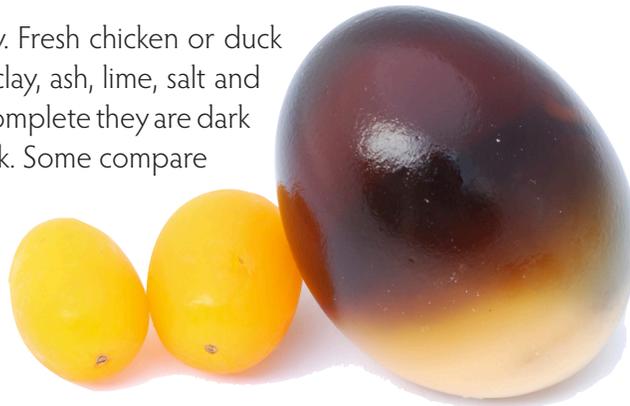
1. Preheat the oven to 230 °C (450 °F).
2. In a large mixing bowl, or using a food processor combine eggs, flour, salt and 15 mL (1 tbsp) of butter.
3. Place a muffin tin or popover pan in the heated oven for 2 minutes to let it warm.
4. Divide the remaining butter between the 12 cups.
5. Pour popover batter into each tin until it is half filled.
6. Bake for 15 minutes at 230 °C (450 °F). Do not open the oven door while baking.
7. Without opening the oven, reduce the heat to 180 °C (350 °F) and bake for 15 more minutes.
8. Remove from oven and serve immediately. Finished popovers will sound hollow to the touch.

VARIATIONS:

- For sweet breakfast popovers add sugar and cinnamon
- Add grated sharp cheddar for a savoury bite.
- Add garlic and thyme for a delicious herbal twist.

DID YOU KNOW?

A Century egg is a Chinese delicacy. Fresh chicken or duck eggs are preserved in a mixture of clay, ash, lime, salt and rice for months. When the eggs are complete they are dark brown with a creamy dark green yolk. Some compare the taste to a strong runny cheese.



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 by the Egg Farmers of Alberta.

EGG TIP:

The colour of an egg yolk depends on what the hen is fed. Natural yellow-orange substances, such as marigold petals, may be added to light-colored feed to enhance egg colour. No artificial colours are permitted in eggs in Canada.

FEEDBACK:

What is your favourite egg appetizer? Send ideas to eggstravagance@eggs.ab.ca and be entered to win a Get Cracking prize pack.

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