



### SOUFFLÉ TIPS

- The secret to a successful soufflé is retaining the volume of the whipped egg whites for a light and fluffy result.
- Soufflés should be baked immediately after preparation and served immediately after baking. Make sure your table is set and dinner guests are assembled while the soufflé is in the oven.
- Sudden changes in temperature will cause soufflés to lose volume. Avoid opening the oven while the soufflé is cooking because it may collapse.
- Use a glass or metal bowl to beat egg whites. Plastic bowls can have a greasy film that interferes with egg whites foaming.

### HARVEST BUTTERNUT SQUASH SOUFFLÉ

1 L	butternut squash, cooked and peeled or thawed from frozen	4 cups
90 mL	butter	6 tbsp
90 mL	all-purpose flour	6 tbsp
150 mL	milk	¾ cup
5 mL	salt	1 tsp
pinch	pepper	pinch
2 mL	ginger	½ tsp
5 mL	cumin	1 tsp
5 mL	paprika	1 tsp
7	eggs, separated	7
2 mL	cream of tartar	½ tsp

1. Preheat the oven to 190° C (375° F).
2. In a food processor, blend the butternut squash until smooth.
3. Add ginger, cumin and paprika to the paste and blend until combined. Set aside.
4. Melt butter over low heat in a medium saucepan.
5. Add flour, salt and pepper, stirring constantly until the mixture is smooth.
6. When the sauce bubbles, slowly whisk in the milk. Continue cooking until the sauce boils and thickens to a paste.
7. Pour the yolk mixture into the sauce and thoroughly combine.
8. Add the butternut squash purée to the sauce and stir.
9. Remove the sauce from the stove and set aside.
10. In a large bowl, beat egg whites and cream of tartar with beaters until stiff but not dry; the egg whites should not slip when you move the bowl.
11. Gently fold some of the egg whites into the sauce mixture.
12. Fold the sauce mixture into the remaining egg whites in the bowl.
13. Pour the mixture into a 20 cm (8 inch) casserole or soufflé dish or into individual ramekins.
14. Bake until a knife inserted into the centre comes out clean. Cook for about 1 hour for a large soufflé and about 50 minutes for individual ramekins.
15. **Serve immediately.**



**EGG-CELLENT IDEAS**  
**MICROWAVE MEXICAN**  
**EGG IN A BREAD BASKET**

Running out the door to work, school or extra-curricular activities? This versatile recipe is a quick way to enjoy a nutritious meal.

1	egg	1
1	slice whole wheat bread	1
30 mL	butter	2 tbsp
15 mL	chunky salsa	1 tbsp
15 mL	canned black beans drained and rinsed	1 tbsp
15 mL	crumbled feta or parmesan cheese	1 tbsp

1. Butter the bread and cut off the crusts.
2. Place bread butter side down in a small 250 mL (1 cup) microwave safe dish or bowl.
3. Scoop salsa and beans on to the bread.
4. Crack the egg on top of the salsa mixture. Be sure to pierce the egg yolk a few times with a fork or skewer. This will allow the yolk to vent and prevent the egg from exploding while cooking.
5. Sprinkle cheese on top of the egg.
6. Microwave on high until the egg has reached desired firmness (1–2 minutes).

**FEEDBACK:**

What's your favourite way to cook an egg in the microwave? Send your suggestions to [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca) and be entered to win a Get Cracking prize pack featuring microwave egg cookers.



**DID YOU KNOW?**

It is said that a chef's hat has a fold in it for each way that an egg can be cooked!

**EGGS 101**

**Microwaving Eggs**

Microwave eggs are a great nutritious meal on the run.

- Over-cooking eggs in the microwave can make them tough and rubbery. Cook them until they are just done and then let them sit for a few minutes to finish cooking before serving.
- Yolks cook faster than egg whites because they contain fat. If you are cooking an unscrambled egg in the microwave use a lower heat setting (30%–50%) and cook your eggs a little longer.



- Try using a microwave egg cooker like the ones available at [www.eggs.ab.ca](http://www.eggs.ab.ca) to ensure your microwave eggs turn out perfectly every time!

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