



### PAVLOVA TIPS:

- If you don't have any, you can make your own castor sugar by blending regular sugar in a food processor for 30–60 seconds.
- Excess lemon curd can be stored in the refrigerator for up to two weeks.
- For a lighter topping, fold the lemon curd into whipped cream.
- This dish is named after Anna Pavlova, a famous Russian ballerina.
- Pavlova is a traditional dish in Australia and New Zealand.



### LEMON PAVLOVA

#### Pavlova

6	egg whites	
¼ tsp	cream of tartar	1 mL
¼ tsp	salt	1 mL
1 tsp	cornstarch	5 mL
2 tsp	lemon juice	10 mL
2 tsp	vanilla extract	10 mL
1½ cup	castor sugar	175 mL

#### Lemon Curd Topping

5	egg yolks	
1 cup	sugar	250 mL
1/3 cup	lemon juice	75 mL
¼ cup	lemon zest	50 mL
(approx. 4 lemons)		
½ cup	butter,	125 mL
cut into small pieces		
1½ cup	fresh berries	375 mL

1. Preheat the oven to 130°C (250°F).
2. Line a baking tray with parchment paper and draw an 18 cm (7 inch) circle on it.
3. Using an electric mixer, beat the egg whites, cream of tartar, salt, cornstarch, lemon juice, and vanilla extract in a glass or metal bowl until soft peaks form.
4. While beating, gradually add the sugar about 30 mL (2 tbsp) at a time.
5. Beat the mixture until stiff glossy peaks form.
6. Spread the egg-white mixture onto the prepared baking tray within the marked circle. The pavlova will spread out during baking.
7. Place the pavlova into the oven and bake for about 1½ hours until crisp looking and firm to the touch.



8. Allow the pavlova to cool completely in the oven with the door cracked open. This will take a few hours.

#### Lemon Curd Topping

9. Fill a medium saucepan about ⅓ full of water and simmer.
10. Zest and juice the lemons, chopping the zest into fine strips. If you don't get 75 mL (⅓ cup) of juice, add water.
11. In a metal bowl combine the egg yolks and sugar. Whisk until smooth.
12. Add the lemon juice and zest to egg mixture and stir.
13. Place the metal bowl on the saucepan and whisk the mixture constantly until thickened (about 10 minutes).
14. Remove the bowl from the heat and stir in the butter one piece at a time.
15. Pour the mixture into a container and cover closely with plastic wrap.
16. Spread the lemon curd into the centre of the baked pavlova.
17. Arrange the berries on top of the pavlova.

## EASY OVEN EGGS FLORENTINE

This quick breakfast is sure to impress an impatient Easter crowd.

4	ramekins (oven safe)	
4	eggs	
1 tbsp	butter	15 mL
2 cups	fresh spinach	500 mL
1 tsp	garlic, minced	5 mL
½ cup	whole milk	125 mL
½ tsp	nutmeg	2 mL
	salt, to taste	
	pepper, to taste	
1 cup	gruyere or parmesan cheese, grated	250 mL

1. Preheat the oven to 180°C (350°F).
2. Grease the ramekins and place them in the oven to preheat.
3. In a medium pan, sauté the butter and the garlic.
4. Add the spinach to the pan and cook until it is wilted.
5. Take the spinach mixture off the heat and add the milk, salt, pepper, and nutmeg. Combine well.
6. Remove the ramekins from the oven and divide the spinach mixture evenly between them.
7. Carefully crack one egg into each ramekin.
8. Sprinkle each ramekin with equal amounts of grated cheese.
9. Bake the ramekins in a tray half full of water for approximately 20 minutes or until the whites are set and yolks are still slightly runny.

## DID YOU KNOW?

Conventional eggs come in white or brown. Brown eggs come from brown coloured chickens and white eggs come from white chickens. There is no nutritional difference between these eggs. No eggs in Canada contain any hormones or antibiotics.



## EGG FOCUS

### Specialty Eggs

- Organic eggs come from hens whose feed contains only ingredients that were grown without pesticides, herbicides, and commercial fertilizer. They are identical to conventional eggs from a nutritional standpoint.
- Free-range eggs come from hens who have access to nesting boxes, open floor space, perches and outdoor runs. These eggs are also nutritionally the same as conventional eggs.
- Free run eggs are from hens that are allowed to roam freely in an enclosed barn. Again, these eggs are nutritionally identical to conventional eggs.

### Nutritionally Enhanced Eggs

- Omega-3 eggs are created by feeding hens a special diet containing 10–20% flax, which results in these eggs being higher in omega-3 fatty acids than conventional eggs.
- Vitamin-Enhanced eggs are from hens that are fed a diet with higher levels of certain nutrients. As a result, these eggs contain slightly higher amounts of nutrients.

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](mailto:eggstravagance@eggs.ab.ca). EGGSTRAVAGANCE is published by the Egg Farmers of Alberta.

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