

ZUCCHINI QUICHE

A delicious springtime classic!

6	eggs	
1	small zucchini	500 mL
1 cup	mozzarella cheese	500 mL
1 cup	condensed milk	125 mL
¼ tsp	salt	1 mL
¼ tsp	pepper	1 mL
¼ tsp	nutmeg	1 mL
8	basil leaves	

EGG TIP:

Quiche can be frozen before it is cooked and stored for up to 1 month. Place the quiche directly in the oven from the freezer and add 10–15 minutes to the usual cooking time. Cooked quiche can be refrigerated for up to 3 days, or frozen for up to 1 month.

FEEDBACK:

What is your favourite way to use leftover hard-cooked Easter eggs? Send ideas to eggstravagance@eggs.ab.ca and be entered to win a Get Cracking prize pack.

For more great egg recipes visit: www.eggs.ab.ca

1. Slice the zucchini into long thin ribbons with a vegetable peeler.
2. Spread the cheese and zucchini ribbons evenly over a pre-baked pie crust.
3. In a medium bowl, beat the eggs with the milk, salt, pepper, nutmeg and basil.
4. Pour the egg mixture evenly into the crust.
5. Arrange the basil leaves on top of the quiche.
6. Bake at 180 °C (350 °F) for 30–40 minutes. The centre should be almost set and a knife inserted near the centre should come out clean.

Note: for a quicker meal, a frozen pie crust can be used for this recipe.

SOUR CREAM PIE CRUST

1¼ cups	flour	300 mL
½ tsp	salt	2 mL
½ cup	butter, diced	125 mL
½ cup	sour cream,	125 mL

1. In a medium bowl, combine the salt, flour and butter cubes and sour cream.
2. Work the mixture into a rough dough, being careful not to over work.
3. Refrigerate the mixture for at least 30 minutes.
4. Roll the dough into a circle and place in a 23 cm (9 inch) pie plate.
5. Freeze for about 20 minutes.
6. To pre-bake, fill the crust with pie weights or beans and bake at 180 °C (350 °F) for until golden brown, approximately 20 minutes.
7. Remove the pie weights, pierce the bottom of the crust with a fork and bake for 10 more minutes.
8. Allow the crust to cool before adding the quiche filling.

EGG-CELLENT IDEAS

SPICED CHOCOLATE MOUSSE

4	eggs, separated	
5 oz	dark chocolate	150 g
1 tbsp	butter	15 mL
1 tsp	vanilla	5 mL
1 tbsp	brown sugar	15 mL
½ tsp	cinnamon	2 mL
¼ tsp	salt	1 mL

1. Chop the chocolate into small pieces.
2. Place a heat-proof bowl over a medium pot of simmering water to create a double boiler.
3. Place the chocolate and the butter in the bowl and stir constantly until completely melted. Stir in the vanilla and cinnamon.
4. Allow the chocolate to cool for 3–4 minutes.
5. In a clean bowl, beat the egg whites and salt together until stiff peaks form.
6. Beat the egg yolks together with the sugar until the sugar is completely dissolved.
7. Whisk the chocolate mixture into the egg yolk mixture.
8. Carefully fold the chocolate into the egg white mixture until completely combined.
9. Divide the mousse into 4 serving dishes, cover and refrigerate for at least 4 hours

Tip: For a more intense flavour, add 2 mL (½ tsp) of ancho chilli powder to the spice mixture.

Note: Any recipe containing raw eggs should be made with fresh, clean eggs and consumed immediately. The risk of bacterial contamination from a raw or under-cooked egg is minimal. However, very young children, the elderly, those with weakened immune systems and pregnant women should be extra cautious and not eat raw or soft-cooked eggs.

DID YOU KNOW?

Traditionally, eggs were not eaten during lent. Since hens kept laying, there were always plenty of eggs available for Easter meals and activities!

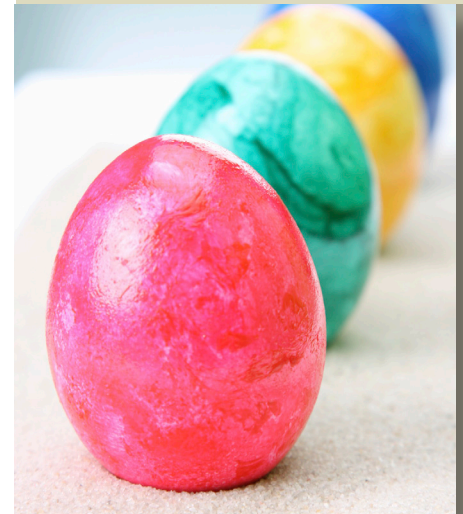


EGGS 101

Eggshell dishes

Eggshells make a unique and festive serving dish for appetizers, salads and desserts.

1. Wash the eggs with soap and water. Rinse well.
2. Carefully poke a small hole in the top of each eggshell.
3. Drain the egg and reserve for use in a recipe. Be sure to keep the egg refrigerated until you plan to use it.
4. Rinse the eggshells out thoroughly and place them in a pot of boiling water for 10 minutes.
5. Remove the shells from the water and place them on a cookie sheet.
6. Place them in the oven at 130° C (250° F) for about 20 minutes until the shells are completely dry. Allow the shells to cool before using.



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.

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