

When it's time
to celebrate...

a delicious dessert made with eggs will make your celebration even more memorable!

Special desserts often rely on **eggs** to create smooth, creamy texture and melt-in-your-mouth lightness. Eggs also thicken or hold ingredients together, build height and expand volume, and produce a deliciously decadent flavour.

Consider the role of eggs in the classic desserts in this booklet:

A **chiffon cake** gets its height from the leavening power of eggs.



The rich, silky custard that lies underneath the caramelized sugar shell of a **crème brûlée** is thickened with egg yolks.

Egg whites are an essential ingredient of meringues. Add ground nuts to a meringue and the dessert is called a **dacquoise**.



Eggs help give **cheesecake** a creamy smooth texture by binding its ingredients together.

Why not make one of these special desserts for your next celebration?

Learn how to create these delicious desserts by watching our How-To Videos:

YouTube /getcracking



Eggspert BAKING TIPS!

- ▶ Before starting to bake, wash your hands and make sure your baking equipment and surfaces are clean.
- ▶ Read the recipe through and gather the ingredients required.
- ▶ Preheat your oven.
- ▶ Most recipes, including those in this booklet, use large eggs.
- ▶ Accurate measurements are important when baking. To measure flour and other dry ingredients, dip your dry measuring cup into the ingredient, scoop lightly, then sweep off the excess with a knife. If measuring packed brown sugar, pack it into the measuring cup before leveling.
- ▶ The egg yolk and white separate best when cold. Eggs at room temperature will blend better with fat and sugar, and room temperature egg whites will beat to a greater volume. To take the chill off eggs, let them sit on the counter for 20 to 30 minutes before using, or place eggs in their shells into a bowl of warm water for a few minutes.
- ▶ When separating an egg, be careful not to drop any yolk into the white as this will prevent the white from achieving any volume when beaten.
- ▶ To help egg whites reach their greatest volume and remain stable when beaten, cream of tartar is often added. Look for this white powdery acidic salt in the baking aisle at a grocery store or at a bulk food store.
- ▶ When instructed to beat egg whites until soft peaks form, use an electric mixer or a whisk to beat the whites until rounded peaks form. The whites will droop when the beaters or whisk are removed.
- ▶ When instructed to beat egg whites until stiff peaks form, use an electric mixer or a whisk to beat the whites until upright, pointed peaks form when the beaters or whisk are removed. The whites should look glossy and should not move when the bowl is tipped or inverted.
- ▶ Check for doneness a few minutes before the suggested baking time as oven temperatures can vary and the actual baking time may be a few minutes different than suggested.

For more tips and recipes, and to learn about the many benefits of eggs, visit eggs.ca.



A large egg contains:
▶ 70 Calories ▶ 5 g Fat
(1.5 g Saturated Fat, 0 g Trans Fat)
▶ 195 mg Cholesterol
▶ 1 g Carbohydrate ▶ 6 g Protein



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FOR MORE INFORMATION, CONTACT:

British Columbia Egg Marketing Board
www.bcegg.com

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Celebrate! WITH EGGS

4 CLASSIC
DESSERT RECIPES



LEMON CHIFFON CAKE WITH LEMON FILLING



Servings: 14
Prep time: 30 min.
Bake time: 45 min.
Preheat oven: 350°F [180°C]

CAKE

2 cups sifted cake and pastry flour **500 mL**
1-1/2 cups granulated sugar, divided **375 mL**
1 tsp baking powder **15 mL**
1 tsp salt **5 mL**
5 eggs, separated, at room temperature **5**
2 eggs, at room temperature **2**
1/2 cup vegetable oil **125 mL**
1 tsp grated lemon rind **15 mL**
2 tbsp fresh lemon juice **25 mL**
1/2 tsp cream of tartar **2 mL**

FILLING AND FROSTING

1-1/2 cups whipping cream (35%), divided **375 mL**
1 can (540 mL) lemon pie filling **1**
2 tbsp sugar **25 mL**
Slivered or grated lemon rind (optional)

Cake: Stir together flour, 3/4 cup (175 mL) sugar, baking powder and salt in large bowl. Set aside. ▶ **Whisk** together egg yolks, eggs, oil and lemon rind. **Combine** lemon juice with enough water to make 2/3 cup (150 mL); stir into yolk mixture. Set aside. ▶ **Beat** egg whites with electric mixer until frothy. Add cream of tartar and beat until soft peaks form. **Add** remaining sugar, about 1 tbsp (15 mL) at a time, beating until sugar is dissolved and stiff peaks form. ▶ **Whisk** yolk mixture into flour mixture until well blended. Gently **fold** egg white mixture into egg yolk and flour mixture until blended. **Pour** batter into ungreased 10-inch (4 L) tube pan. ▶ **Bake** until top springs back when gently pressed and cake tester inserted in cake comes out clean, about 45 minutes. ▶ Immediately **invert** cake pan; if pan does not have legs, rest tube opening on neck of bottle or funnel or on bottom of glass or can. **Cool** upside down for a couple of hours. ▶ When cake is cool, run thin spatula or knife around side of pan and centre tube to loosen cake. **Invert** cake onto serving plate. Slice horizontally into three equal layers.

Filling and Frosting: Whip cream with electric mixer until stiff peaks form. Gently **fold** about 1 cup (250 mL) whipped cream into lemon pie filling until blended. **Spread** half of lemon mixture evenly over bottom layer of cake. Continue layering with cake and filling. ▶ **Spread** remaining whipped cream over top and side of cake. **Refrigerate** cake for several hours before serving for easier slicing. **Garnish** with lemon rind, if desired.

TIP: A package (99 g) of instant lemon pudding can be prepared and used in place of pie filling.

Nutrients per serving:
Calories: 455 ▶ Fat: 23 g ▶ Sodium: 366 mg ▶ Carbohydrate: 55 g ▶ Fibre: 0 ▶ Protein: 5 g



CRÈME BRÛLÉE



Servings: 4
Prep time: 15 min.
Bake time: 25 to 35 min.
Chill time: 2 hrs.
Preheat oven: 325°F [160°C]

1-1/2 cups whipping cream (35%) **375 mL**
4 egg yolks **4**
1/4 cup granulated sugar **50 mL**
1 tsp vanilla extract **5 mL**
4 to 6 tsp granulated sugar, for caramelizing **20 to 30 mL**

Place four 1/2 cup (125 mL) ramekins or custard cups in baking dish; set aside. **Heat** cream in saucepan over medium-high heat until small bubbles form around edge of pan. Meanwhile, **whisk** egg yolks and 1/4 cup (50 mL) sugar until thick and lemon-coloured, 1 to 2 minutes. ▶ When cream is hot, gradually whisk into egg yolk mixture. **Stir** in vanilla. ▶ **Pour** mixture through sieve into ramekins, dividing evenly. **Pour** very hot water into baking dish to reach halfway up ramekins. Carefully **place** baking dish in oven. ▶ **Bake** until mostly set but with a slight jiggle in the centre, 30 to 35 minutes for taller ramekins (about 2 inches (5 cm) high), and 25 to 30 minutes for shallow ramekins (about 1 inch (2.5 cm) high). ▶ Carefully **remove** ramekins from water. **Cool** on wire rack. ▶ When cool, **cover** with plastic wrap and **refrigerate** for at least 2 hours or up to 2 days. ▶ Just before serving or up to 2 hours before serving, **sprinkle** sugar evenly over surface of desserts (1 tsp (5 mL) for taller ramekins and 1-1/2 tsp (7 mL) for shallow ramekins). Using mini torch or placing ramekins under broiler, **heat** until sugar melts, then caramelizes. **Serve** immediately, or for firmer texture, chill until serving time.

TIPS: This recipe is easily doubled. Visit eggs.ca to find flavour variations for crème brûlée.

Nutrients per serving:
Calories: 441 ▶ Fat: 38 g ▶ Sodium: 43 mg ▶ Carbohydrate: 22 g ▶ Fibre: 0 ▶ Protein: 5 g



HAZELNUT DACQUOISE WITH CHOCOLATE GANACHE FILLING



Servings: 12
Prep time: 35 min.
Bake time: 33 min.
Cool/chill time: 2-3/4 hrs.
Preheat oven: 325°F [160°C]

MERINGUE

1 cup hazelnuts (filberts), toasted and skins removed (see Tip) **250 mL**
1 cup granulated sugar, divided **250 mL**
4 egg whites, at room temperature **4**
1/2 tsp cream of tartar **2 mL**

FILLING

5 oz dark or bittersweet chocolate, coarsely chopped **150 g**
1-1/3 cups whipping cream (35%), divided **325 mL**

Meringue: Process hazelnuts with 1/4 cup (50 mL) sugar in food processor until coarsely chopped. **Remove** 2 tbsp (25 mL); reserve for garnish. Continue processing hazelnuts until finely chopped. ▶ **Line** bottoms of two baking sheets with parchment paper. On each, **draw** two 4 x 8-inch (10 x 20 cm) rectangles. **Turn** paper over; rectangles should be visible. ▶ **Beat** egg whites with electric mixer until frothy. Add cream of tartar and beat until soft peaks form. **Add** remaining sugar, about 1 tbsp (15 mL) at a time, beating until sugar is dissolved and stiff peaks form. Gently **fold** in hazelnuts. **Spoon** one quarter of mixture over each rectangle; spread evenly to fill space. ▶ **Bake** until crisp on the outside and light golden in colour, about 25 minutes. Let **cool** on baking sheets.

Filling: When ready to assemble, **heat** chocolate and 1/3 cup (75 mL) whipping cream in microwave on High power until chocolate is partially melted, about 40 seconds. **Stir** until completely melted; set aside. ▶ **Whip** remaining cream on high until stiff peaks form. Gently **fold** in chocolate until blended. ▶ Carefully **peel** one meringue from parchment paper; place on serving plate. **Spread** one quarter of filling over meringue. Continue layering remaining meringues and filling, ending with layer of filling. **Sprinkle** reserved hazelnuts over top. ▶ **Refrigerate** for at least 2 hours or overnight before cutting into slices with serrated knife to serve.

TIP: To toast hazelnuts and remove skins, place on baking sheet in 350°F (180°C) oven until fragrant and skins start to split, about 8 minutes; stir or shake frequently. Transfer to clean tea towel. Rub hazelnuts in towel, removing as much skin as possible (not all will come off). Cool to room temperature.

Nutrients per serving:
Calories: 313 ▶ Fat: 22 g ▶ Sodium: 29 mg ▶ Carbohydrate: 26 g ▶ Fibre: 1 g ▶ Protein: 4 g



CLASSIC CHEESECAKE



Servings: 16
Prep time: 15 min.
Bake time: 45 min.
Chill time: 4 hrs.
Preheat oven: 325°F [160°C]

CRUST

1-1/3 cups graham crumbs **325 mL**
1/4 cup butter, melted **50 mL**

FILLING

3 pkgs (250 g each) cream cheese, softened **3**
3/4 cup granulated sugar **175 mL**
4 eggs **4**
1/2 cup sour cream (5%) **125 mL**
1 tsp vanilla extract **5 mL**
2 tbsp all-purpose flour **25 mL**

Crust: Stir together graham crumbs and butter until well mixed. ▶ **Press** mixture evenly onto bottom of 9-inch (23 cm) springform pan. **Place** in freezer or refrigerator while making filling.
Filling: Combine cream cheese and sugar in large bowl; beat with electric mixer on low speed until smooth. **Add** eggs, one at a time, beating well after each addition and occasionally scraping side of bowl. ▶ **Beat** in sour cream, vanilla and flour. ▶ **Pour** batter over crust; smooth top. ▶ **Bake** until top is golden and centre jiggles slightly, about 45 minutes. **Cool** on wire rack. ▶ **Cover** and **refrigerate** for at least 4 hours. ▶ Run knife around inside of pan before removing cheesecake.

TIP: Top cheesecake with fresh fruit, whipped cream, chocolate sauce, canned pie filling thinned with fruit juice, or fruit sauce. Visit eggs.ca to find the recipe for the Strawberry Topping.

Nutrients per serving:
Calories: 277 ▶ Fat: 21 g ▶ Sodium: 228 mg ▶ Carbohydrate: 18 g ▶ Fibre: 0 g ▶ Protein: 5 g

