



# the **eggs**press

JANUARY 2008

## Scramble

Unscramble the seasonal activities below and celebrate the new year with the active energy of eggs.

W O S N L E G A N

D I N S E D L G

I I K N S G

G K I T A S N

G E H I L G S I N

W O S N R O T F

C I E S H I F I G N

S R O C S T O C N R U Y  
I I K N S G

W O S N E I H N S O G

MYSTERY WORD:

**ALBERTA**  
**Egg Producers**  
www.eggs.ab.ca

## The Unbreakable Egg

*Sir Isaac Newton's First Law of Motion explains the surprise you will witness at the end of this egg-speriment.*

### Instructions:

1. Centre a light metal pie plate on top of a medium-sized glass of water ( $\frac{3}{4}$  full).
2. Stand an empty toilet paper roll in the middle of the pie plate.
3. Balance a raw egg on top of the toilet paper roll.
4. With the palm of your hand, forcefully hit the pie plate out of the way. Hit horizontally on the edge of the pie plate and be sure to follow through with the motion.

The egg should land in the glass of water. It might make a big splash so be prepared and bring some paper towels!!

**HINT:** Cover your work surface with towels or newspapers in case this egg-speriment takes a little practice.

Why does this egg-speriment work? Send your answer to [eggspress@eggs.ab.ca](mailto:eggspress@eggs.ab.ca) and—if you're right—you will receive an egg pencil in the mail.



## Yummy French Toast with Cinnamon-Maple Syrup

250 mL	maple syrup	1 cup
15 mL	butter	1 tbsp
10 mL	cinnamon	2 tsp
3	large eggs	3
250 mL	half-and-half	1 cup
10 mL	vanilla extract	2 tsp
4	slices whole wheat or cinnamon bread	4
	cooking spray	

### The Cinnamon-Maple Syrup

1. In a frying pan on medium heat, melt butter.
2. Stir in maple syrup and 1 tsp cinnamon. Bring to a light boil for two minutes. Cool.

### The French Toast

1. In a medium bowl, whisk together eggs, half-and-half, vanilla extract, and 45 mL (3 tbsp) cinnamon-maple syrup.
2. Dip bread into bowl and make sure to coat both sides with egg mixture.
3. Lightly spray clean frying pan with cooking spray. Heat to medium-high.
4. Place dipped bread into frying pan and cook on both sides until bread turns a medium to dark brown (about three minutes).
5. Sprinkle with icing sugar or hot chocolate powder. Serve with remaining syrup.

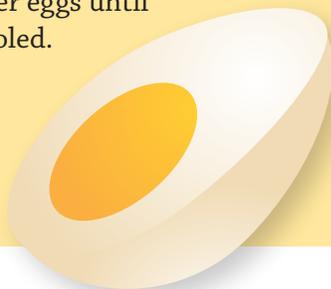


The **EGGSpres** is a monthly newsletter for kids! It features interesting egg facts, egg-speriments, recipes, tricks, puzzles, crafts, jokes and other egg-citing activities. Although these activities are targeted to kids, we recommend involving an adult helper for double the fun. To sign up for this monthly newsletter in PDF format, just email [eggspres@eggs.ab.ca](mailto:eggspres@eggs.ab.ca).



## Hard-Cooked Eggs

1. Place cold eggs in a single layer in a saucepan.
2. Cover eggs with at least 2.5 cm (1 inch) of cold water over top of the eggs.
3. Cover saucepan and bring quickly to a boil over high heat.
4. Immediately remove pan from heat to stop boiling. Keep the lid on.
5. Let eggs stand for the appropriate time: 22 minutes for large eggs or 18 minutes for medium eggs.
6. Drain water from pan and immediately run cold water over eggs until cooled.



## Deviled Eggs

6	hard-cooked eggs	6
60 mL	mayonnaise	¼ cup
dash	salt	dash
dash	black pepper	dash
	paprika, to taste	

1. Peel the hard-cooked eggs. Rinse.
2. Slice the eggs in half lengthwise.
3. Remove yolks and place in a Ziploc bag. Add mayonnaise, salt and pepper.
4. Close the bag (pressing the air out first), then knead the bag to combine the ingredients until smooth.
5. With scissors, snip off one bottom corner of the bag, about ½ cm (¼ inch) from the edge.
6. Pipe the egg yolk filling into the egg white halves.
7. Lightly sprinkle with paprika.

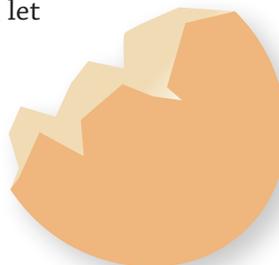
**VARIATIONS:** (1) Add chopped vegetables such as red peppers or pickles. (2) Instead of mayonnaise, try salad dressing or light sour cream.

## Egg Shell Art

Here's something fun to do when it's too cold to play outside. Be creative: try a snowman with a coloured scarf and vest or a multi-coloured snowflake.

1. In large pot, boil six to eight eggs (see recipe above).
2. Dip eggs into bowls of food colouring. Set on wire cookie rack and let dry for two hours.
3. Peel eggs and place the shells in separate bowls according to colour.

4. Take a piece of construction paper and lightly draw the design you wish to create with the egg shells.
5. Pour a small amount of craft glue onto a piece of newspaper. Dip a toothpick into the glue.
6. Gently place the glue on the back of the shells one by one, and glue on to the construction paper.
7. Once finished, let your work dry overnight.



## Yoke of the Month:

**Q.** What times do hens get up?

**A.** The quack of dawn.

**Q.** Why wouldn't the egg take a hot bath?

**A.** He didn't want to be hard-boiled.

## Did You Know?

**EGG TRIVIA:** The grey ring that appears around the yolk of an egg is the result of a reaction between the sulfur and iron naturally found in eggs. It occurs when eggs are overcooked or when there is a high level of iron in the cooking water. Despite the colour, the eggs are safe to eat and will still be nutritious and flavourful. An appropriate cooking time and rapid cooling of the eggs after they are cooked will prevent the grey ring from forming.

## Involve Your School!

If your class does one of the activities in *The Eggspres*, let us know by emailing [eggspres@eggs.ab.ca](mailto:eggspres@eggs.ab.ca). If you send a photo, we'll send something fun the whole class can enjoy.

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