

TOPPING IDEAS FOR CHOCOLATE ANGEL FOOD CAKE

- For a heavenly treat, try it with blueberries, raspberries, or sliced strawberries. Top with whipped cream.
- For a divine experience, try it with chocolate sauce and fresh berries, then lightly dust with icing sugar.
- To keep it light, try it with frozen yogurt or a colourful sorbet.



CHOCOLATE ANGEL FOOD CAKE

Celebrate spring with this lighter-than-air cake.

500 mL	flour	2 cups
750 mL	whole milk	3 cups
4	eggs, beaten	4
30 mL	melted butter	2 tbsp
5 mL	vanilla extract	1 tsp
	pinch of salt	

1. Preheat oven to 180° F (350° C).
2. In a large bowl, beat egg whites on medium speed until they are frothy. Add the cream of tartar and continue beating until stiff peaks form. Add the sugar, 30 mL (2 tbsp) at a time, until the sugar is just blended. Add the vanilla; beat until peaks are stiff and glossy.
3. In another bowl, combine the 175 mL ($\frac{3}{4}$ cup) sugar, salt, flour, cocoa and baking soda. Sift and fold into the eggs whites, $\frac{1}{3}$ at a time.
4. Spoon the batter into an ungreased angel food pan (25 cm/10 inch fluted pan). Gently cut through the batter with a knife to remove any air bubbles.
5. Bake for 40 minutes, or until a toothpick inserted comes out clean.
6. To cool the cake, invert pan and let stand for about 30 minutes. Using a knife, separate the sides of the cake from the pan. Invert onto a cake plate and sprinkle with icing sugar.



EGG-CELLENT IDEAS

Easy Devilled Eggs

12	hard-cooked eggs, peeled	12
50 mL	light mayonnaise	¼ cup
10 mL	Dijon mustard	2 tsp
	salt and pepper, to taste	

1. Cut the eggs in half lengthwise and remove the yolks. In a bowl, mash the yolks together with the mayonnaise and mustard. Add salt and pepper to taste.
2. Divide the yolk mixture in half. To each half, add ingredients for one of the variations (below).
3. Refill the egg whites with the yolk mixture and garnish to taste. Serve immediately or store (in an airtight container) for up to 3 days in the refrigerator.



VARIATIONS:

Herb and Tomato

15 mL	fresh chives, chopped	1 tbsp
15 mL	fresh parsley, minced	1 tbsp
pinch	dried tarragon	pinch
pinch	garlic powder	pinch

Garnish: Cherry tomato wedges.

Shrimp and Olive

50 mL	cooked shrimp, mashed	¼ cup
50 mL	chopped black or green olives	¼ cup
15 mL	fresh parsley, minced	1 tbsp
	horseradish, drained, to taste	
	lemon juice, to taste	

Garnish: Mayonnaise, small cooked shrimp, and sliced olives.



EGGS 101

Tips for a Perfect Hard-Cooked Egg

1. Place cold eggs in a single layer in a saucepan.
2. Cover the eggs with cold water, making sure the water reaches about 2.5 cm (1 inch) above the top of the eggs.
3. Cover the saucepan and bring the water quickly to a boil over high heat.
4. Immediately remove the pan from the heat to stop the boiling. Keep the lid on.
5. Let the eggs stand in the water for 22–24 minutes.
6. Drain the water and then run cold water over the eggs until cooled.

Always use eggs that have been in the refrigerator the longest for hard-cooked eggs, as less-fresh eggs are easier to peel. Make sure to use hard-cooked eggs within one week.

EGG TIP:

Eggs should be stored in their original packaging, in the body of the refrigerator.

EGG FACT:

To prevent cooked eggs from becoming tough, always use moderate heat and controlled cooking times.

DID YOU KNOW...

Cardboard egg cartons can be reused to start your spring seeds! Fill the indentations with soil and drop a few seeds into each one. The cardboard is biodegradable, so when the plants are ready for repotting, simply separate each one and plant right into the ground!

FEEDBACK:

Do you compost your egg shells? Send us your composting tips to eggstravagance@eggs.ab.ca and be entered to win a Get Cracking prize pack.

ALBERTA
Egg Producers
www.eggs.ab.ca