



## EGGS 101

### Eggs in a Flash

If it's too hot to cook or if you are just short on time, try the microwave!

1. Spray a microwave safe dish with cooking spray.
2. Break eggs into the dish and pierce the yolks and whites several times with a fork.
3. Cover dish with microwave safe plastic wrap.
4. For soft-cooked eggs: microwave on high for 30 seconds and let stand covered for 10 seconds. For hard-cooked eggs: microwave on high for 45 seconds and let stand covered for 45 seconds. For fried style eggs: use a microwave safe plate and microwave on medium for two minutes and let stand covered for about 30 seconds.



## EGG-CELLENT IDEAS

### EGGS IN PURGATORY

8	eggs	
3 lb	tomatoes	1.5 kg
5 cloves	garlic	
1	onion	
½ cup	basil	125 mL
½ tsp	pepper	2 mL
½ tsp	salt	2 mL
4 tbsp	olive oil	60 mL
4 tbsp	butter	60 mL
2 cups	chicken stock	500 mL
½ cup	parmesan cheese	125 mL

1. Preheat the oven to 200 °C (400 °F).
2. Slice the tomatoes in half and remove the seeds.
3. Cut the onion into eighths and peel the garlic cloves.
4. Place all vegetables on an oiled cookie sheet.
5. Season with salt and pepper and drizzle with oil.
6. Roast in the oven for approximately 40 minutes.
7. Place vegetables in a large, low sided saucepan.
8. Add butter and chicken stock and simmer for 20 minutes until the liquid has reduced.
9. Add the basil and puree the sauce using an immersion blender or in batches using a standard blender.
10. Simmer the sauce for a few more minutes until it is thick.
11. Using the back of spoon, make a spaces in the sauce for the eggs. Be sure you can fit all 8 eggs in the pan.
12. Carefully crack the eggs into the pan.
13. Sprinkle each egg with cheese.
14. Cover the pan with a lid and let cook until the whites are set and the yolk is still slightly runny 3–5 minutes.
15. Serve over rice, noodles or quinoa or alongside crusty bread or a green salad for a light summer meal.



## FEEDBACK:

What is the egg dish that most reminds you of spring? Send your ideas to us at [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca) and be entered to win a Get Cracking prize pack.



## SIMNEL CAKE

4	eggs	
1½ cups	flour	375 mL
¾ cup	butter	175 mL
¾ cup	basil	125 mL
1 cup	brown sugar	2 mL
½ tsp	salt	2 mL
¼ cup	nutmeg	5 mL
¼ cup	dried apricot	50 mL
2 cups	glace cherries	125 mL
¼ cup	candied ginger	50 mL
½ cup	mixed peel	125 mL
1 tbsp	lemon zest	15 mL
1 tbsp	orange zest	15 mL
4 tbsp	apricot jam	60 mL

1. Make the marzipan (see sidebar).
2. Preheat the oven to 150 °C (300 °F).
3. Line a 17 cm (7 inch) cake pan with parchment paper.
4. Using an electric mixer, cream together the butter and sugar until smooth.

5. While the mixer is running, add one egg at a time to the butter mixture. Make sure each egg is completely incorporated before adding another one.
6. In a medium bowl, sift together the flour, salt, and nutmeg.
7. Mixing at low speed, slowly add the dry mixture to the wet mixture until it is completely incorporated.
8. Mix the candied fruit, lemon and orange zest and small marzipan pieces together.
9. Fold the fruit mixture into the cake batter.
10. Bake for 90 minutes to an hour. The cake is done when a skewer inserted into the centre comes out clean.
11. Let the cake cool for 10 minutes, then remove it from the pan and place on a wire rack.
12. Warm the apricot jam in the microwave for about 10 seconds.
13. Brush the jam onto the top of the cake and carefully stick the marzipan sheet on top. Use more jam to stick the 11 medium balls of marzipan around the top of the cake.
14. Brush the top of the cake with a lightly beaten egg and place under a broiler for a few minutes just until the marzipan turns golden brown. Watch the cake carefully during this step, it can burn easily!

## MARZIPAN:

1 cup	castor sugar	250 mL
3 cups	ground almonds	700 mL
2	eggs	
2 tsp	almond extract	10 mL

1. Mix together the sugar and ground almonds in a large bowl. Blanched almonds can be ground in a food processor.
2. In another bowl, whisk the almond extract together with the eggs.
3. Add the egg mixture to the almond mixture a little at a time, kneading to form a smooth paste.
4. Divide the marzipan into two balls.
5. Wrap the marzipan in plastic wrap and refrigerate for at least two hours.
6. On a floured surface, roll out one ball of marzipan to the diameter of the cake pan. Refrigerate.
7. Use about a third of the other ball of marzipan to make 11 small balls of marzipan to decorate the top of the cake. Set aside.
8. Cut the remaining marzipan, into small pieces to be mixed into the cake batter.
9. Refrigerate until ready to use.

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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