



### EGG-CELLENT IDEAS

#### GRILLED HUEVOS RANCHEROS

12	eggs	
14 oz can	black beans, mashed	398 mL
12	tortillas	
	cooking spray	
1 cup	sour cream (optional)	250 mL

1. Spray a muffin pan with non-stick spray.
2. Crack one egg into each section.
3. Place the pan on the barbeque and grill over medium-high heat for about 3 minutes or until the eggs are cooked to your liking.
4. Place each tortilla on the grill for a few seconds to warm it.
5. Spread each tortilla with mashed black beans and top with an egg, salsa and sour cream if desired.

#### Salsa

1½ cups	tomatoes	375 mL
¼ cup	fresh cilantro	50 mL
½ cup	onion, diced	125 mL
½	lime, juiced	
1 tsp	garlic powder	5 mL
	salt, to taste	
	pepper, to taste	

1. Seed the tomatoes and dice finely.
2. Mix the tomatoes with the chopped onion and cilantro. Add lime juice, garlic powder, and salt and pepper to taste. Combine thoroughly.
3. Refrigerate overnight for best results.



#### FEEDBACK:

What is your favourite way to cook eggs outdoors? Send your ideas to [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca) and be entered to win a Get Cracking prize pack.

#### EGG TIP:

Add eggshells to compost or directly to flower beds for a calcium boost in your garden. Crushed eggshells can also deter slugs, snails and cutworms, that prefer not to crawl over rough surfaces.

#### DID YOU KNOW?:

There is a superstition that says that you can stand an egg on its end during the Summer solstice on June 21. In fact, you can do this at any time of year with a little patience.



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.

## CUSTARD FILLED FRUIT FLAN

### Crust

2	eggs	
3 cups	flour	750 mL
¾ cup	butter	175 mL
1 tsp	salt	5 mL
1½ tsp	sugar	7 mL
1 tsp	vanilla	5 mL
1 tsp	ground cardamom	5 mL
4 tsp	water	20 mL

1. Preheat the oven to 200 °C (400 °F).
2. In a large mixing bowl, combine flour, salt and sugar.
3. Cut the butter into small pieces and add to the flour mixture.
4. Work the butter into the mixture with your hands until small lumps the size of peas form.
5. In another bowl, combine the vanilla, cardamom and water.
6. Add the wet ingredients to the dry ingredients and combine.
7. Knead the dough on a floured surface until it holds together well.
8. Press dough into a disc, wrap it in plastic and refrigerate for an hour.
9. Spray a 27 cm (11 inch) tart pan with cooking spray and dust with flour.
10. Roll out the dough so that it is ½ cm (¼ inch) thick and will fit in the tart pan.
11. Carefully place the dough in the tart pan, pressing firmly.
12. Place the tart shell in the freezer for ½ hour.
13. Prick the dough on the bottom of the tart pan a few times with a fork.
14. Bake the crust until it is lightly browned (about 20 minutes).
15. Allow the crust to cool completely.

### Filling

2 Cups	milk	500 mL
1 tsp	vanilla	5 mL
4 tbsp	sugar	60 mL
5	egg yolks	
3 tbsp	cornstarch	45 mL
1 tbsp	butter	15 mL

1. In a medium saucepan, combine the milk with 30 mL (2 tbsp) of sugar.
2. Cook over medium heat until milk is steaming.
3. In a large bowl, whisk together the egg yolks, the remaining sugar, cornstarch and vanilla.
4. Whisk about 50 mL (¼ cup) of the hot milk into the egg mixture.
5. Gradually add the rest of the milk to the egg mixture, whisking constantly.
6. Pour the mixture back into the saucepan and whisk over medium heat until the mixture thickens and bubbles.
7. Remove the mixture from the heat and whisk in the butter.
8. Place the bowl over a larger bowl filled with ice water and whisk the custard mixture until it is fully cooled.

### Topping

2 cups	fruit or berries	500 mL
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1. Fill the tart shell with an even layer of pastry cream and top with fruit or berries. Serve as soon as possible.

Variation: Make a glaze by combining 125 mL (½ cup) any flavour of jam with 125 mL (½ cup) of hot water. Use a pastry brush to glaze the fruit after it is placed on the tart.



## EGGS 101

### Quick Fixes

Looking for a quick way to enhance the nutrition of your meal?

- Add an egg to your favourite soup to make egg drop soup.
- Crack an egg into some rice and stir fry for a quick, nutritious meal.
- Poach some eggs in your favourite tomato sauce and serve over pasta or rice.
- Grate a hard-cooked egg over your salad for a quick protein boost.