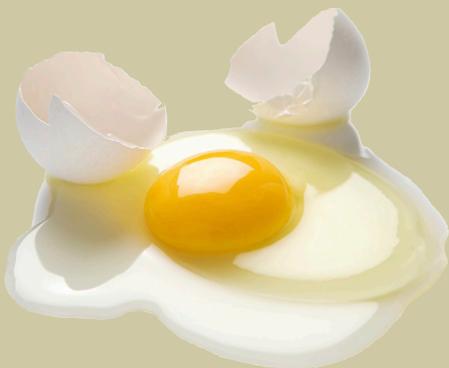


### EGG PIES FOR ANY OCCASION

- Just about anything is delicious in an egg pie. Try adding shrimp, cheddar cheese, green peppers and tarragon for an exciting seafood dish.
- Egg-based pies taste creamier and hold their shape better if they are allowed to rest and cool before serving.



### EGG FACT:

Eggs contain all 9 amino acids that the body cannot produce naturally. These amino acids help the body form protein and are essential for the body's health.

### COLCANNON PIE

An Irish twist on a classic hearty dish perfect for a chilly evening.

	non-stick spray	
4	russet potatoes	4
	peeled and sliced into ½ cm (¼ inch) rounds	
15 mL	olive oil	1 tbsp
250 mL	onions, chopped	1 cup
250 mL	savoy cabbage, chopped	1 cup
2 mL	dried thyme	½ tsp
6	slices back bacon	6
8	large eggs	8
1 mL	salt	¼ tsp
1 mL	pepper	¼ tsp
125 mL	smoked cheddar, shredded	½ cup



1. Preheat oven to 180° C (350° F) and spray a 25 cm (10 inch) pie plate with non-stick spray.
2. Steam the sliced potatoes until tender (approximately 6 minutes).
3. Line the pie plate with the potato slices, overlapping them slightly.
4. Heat the olive oil in heavy saucepan over medium heat. Add onions, shredded cabbage and thyme and sauté until soft (about 5 minutes).
5. Chop the back bacon and add to onions, cook until heated through (about 1 minute). Spoon the mixture over the potatoes.
6. Whisk the eggs with the salt and pepper in large bowl to blend. Mix in the cheddar cheese.
7. Pour egg mixture over the bacon layer.
8. Bake pie until set, about 35 minutes.

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 Alberta Egg Producers.

## EGG-CELLENT IDEAS

### IRISH CREAM MERINGUES

2	egg whites, at room temperature	2
125 mL	slivered almonds	½ cup
150 mL	sugar	⅔ cup
5 mL	vanilla	1 tsp
1 mL	cream of tartar	¼ tsp
dash	salt	dash
250 mL	whipping cream	1 cup
15 mL	irish cream liqueur	1 tbsp
15 mL	unsweetened coco powder	1 tbsp



1. Line a baking sheet with parchment paper. Draw 12 oval shapes on the sheet approximately 8 x 4 cm (3 x 1½ inches) long.
2. Grind almonds in a food processor until they are fine.
3. Combine vanilla and cream of tartar with egg whites in a large metal bowl. Beat until soft peaks form.
4. Gradually add sugar 15 mL (1 tbsp) at a time. Beat eggs until hard peaks form. Make sure the mixture is not gritty (see sidebar for tip).
5. Gently fold the ground almonds into the egg mixture.
6. Spread the meringue mixture onto the parchment-lined baking sheet over the oval shapes.
7. Bake in a 150° C (300° F) oven for 15 minutes. Turn off the oven and let the meringues dry for at least an hour with the oven door slightly open. More time may be required.

#### For Filling:

1. In a chilled bowl combine whipping cream and liqueur. Beat until soft peaks form.
2. Assemble desserts right before serving. Place one meringue on a dessert plate flat side down. Spoon 50 mL (¼ cup) of filling over the meringue and top with another meringue, flat side down.

#### DELICIOUS VARIATIONS

- Use Irish cream flavouring instead of liqueur for a family friendly version.
- Add espresso powder to the egg whites to create an Irish coffee flavour.

#### FEEDBACK:

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

## EGGS 101

### Tips for Perfect Meringue

1. Eggs are easier to separate when they are cold. The easiest method is to let the whites run through your clean hands into a bowl. Be careful, any yolk dropped into the egg whites will prevent the whites from whipping.
2. Let egg whites stand at room temperature for 20 minutes after separating. They will whip to a higher volume when they are at room temperature.
3. If you don't know if your meringue is whipped enough, rub a little between your thumb and forefinger; it should not feel gritty. If it does, beat longer until sugar is completely dissolved.

#### EGG TIP:

Crumble hard meringues on ice cream or fruit for a protein boost and a great crunch! For more ways to use meringue, check out [www.eggs.ab.ca](http://www.eggs.ab.ca)

#### DID YOU KNOW...

Alberta's dry climate is perfect for baking meringues. Humid conditions will make meringues sticky and difficult to work with.

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