



the eggspress

FEBRUARY 2008

Scramble

HINT: Heart-Warming Words

T B S E D F I R E S N

N Y A C D S R T A H E

K L M I H O L C C T E O A

P I C D U

T A E L V I E N N

K I N P D A N D R E

MYSTERY WORD:

The Egg with No Shell

How can you get an egg shell off an uncooked egg without breaking the egg?

Instructions:

1. Place two uncooked eggs in a jar or tall glass.
2. Pour white vinegar over the eggs until they are completely covered. Observe the bubbles of gas that form on the surface of the eggs.
3. Leave the eggs in the vinegar overnight.
4. The next day, remove the eggs from the jar or glass and rinse them under a trickle of water in the sink while gently rubbing the shell with your fingers.
5. If the shell does not come off completely, return the eggs to the jar or glass. Repeat steps 1

through 3 and then try again to rinse them the next day. It may take two or three days to remove the shell completely.

6. Once the shell is gone, examine the eggs carefully. Hold one egg up to a bright window or light. You will see the yolk as a dark blob inside. Turn the egg upside down. Can you see the yolk "sinking" to the bottom of the egg?

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

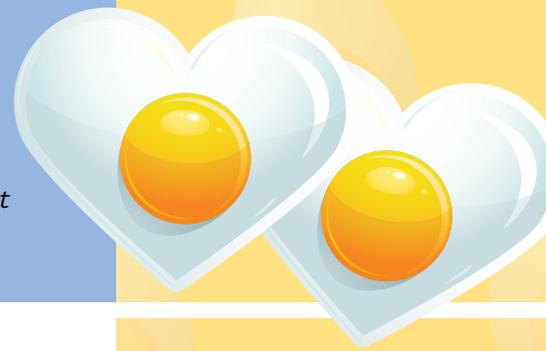


How does the egg get from the farm to your table?

Check out

<http://www.eggs.ca/eggfacts/eggfacts.asp>
to learn about the journey of the egg.

The **EGGSpress** 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.



I Heart Chocolate Cake

1 box	Devil's Food cake mix	1 box
90 mL	instant chocolate fudge pudding	3 ounces
500 mL	sour cream	2 cups
5	eggs	5
250 mL	butter	1 cup
250 mL	milk chocolate chips	1 cup
15 mL	cinnamon	1 tbsp

- In a small saucepan on medium heat, melt butter and chocolate chips together.
- In a medium bowl, whisk together cake mix, instant pudding and cinnamon.
- In a separate bowl, beat together eggs, sour cream, and melted butter & chocolate chip mixture.
- Gradually beat in flour mixture until smooth.
- Pour into a heart-shaped pan (don't forget to lightly coat the pan with non-stick spray first).
- Bake for 50 to 55 minutes at 170° C (350° F).
- Let cool for 2 to 4 hours, then ice with red icing.

NOTE: *If you do not have a heart-shaped pan, you can use a round or square one and cut the cake into a heart shape after it has been baked. To get a good shape, you may want to make a template of a heart out of paper and use this to guide you when you cut the cake.*

with RED ICING ...

1 pkg	cream cheese	8 ounces
30 mL	butter	2 tablespoons
125 mL	whipping cream	½ cup
10 mL	almond extract	2 tsp
750 mL	icing sugar	3 cups
	red food colouring	

- In a medium bowl or blender, combine cream cheese, butter, whipping cream and almond extract.
- Beat until smooth.
- Gradually blend in icing sugar.
- Stir in food colouring two drops at a time until desired colour is reached.
- Ice cake. Refrigerate until it's time to serve.



Yokes of the Month

- Q.** What day do eggs hate the most?
A. Fry-day!
- Q.** Why did the egg go to Switzerland?
A. To go yokelling!

Egg Riddle

- Q.** If an egg-and-a-half costs a cent-and-a-half, how much is a dozen?

Send your answer to eggspres@eggs.ab.ca to win a fun prize!

Did You Know?

A hen will sometimes produce double-yolk eggs. When this happens, the shell forms around two yolks instead of one, creating a double-yolk egg. Double-yolk eggs are safe to eat and cook with—and they're twice the fun!