

Poached Eggs with Guacamole

Adapted from the First place “Just the Good Stuff” recipe.
By: Christopher Stecko (George Brown College, Toronto)

Prep time: 10 minutes Cook time: 5 minute Servings: 4

1	avocado, roughly chopped	1
3 tbsp	finely chopped red onion	45 mL
1 tsp	finely chopped jalapeño pepper	5 mL
2 tbsp	chopped cilantro	30 mL
2 tbsp	lime juice	30 mL
8	eggs	8
8 slices	smoked salmon or arctic char	8 slices

Guacamole: Mix together avocado, red onion, jalapeño pepper, cilantro and lime juice; set aside.

Poached Eggs: In a small, shallow saucepan, bring 3 inches (8 cm) of water to a boil. Reduce to a gentle simmer. Break each cold egg into a small dish. Gently slip eggs into water. Cook in barely simmering water for 3 to 5 minutes, until done as desired. Remove eggs with a slotted spoon and drain well.

To plate each serving: Place guacamole in two small mounds on a serving plate. Place a slice of smoked salmon on each mound; place a poached egg on top of salmon. Serve immediately.

Wine Suggestion: Sauvignon Blanc



Green Eggs and Naan



Adapted from the Second place “Just the Good Stuff” recipe.
By: Susan Dimma (Liaison College, Kitchener)

Prep time: 10 minutes Cook time: 20 minutes Servings: 8 appetizer

1	avocado	1
1/4 cup	finely chopped red onion	60 mL
1/4 cup	lime juice	60 mL
2 tbsp	chopped cilantro	30 mL
1/2 tsp	finely chopped fresh red chilli peppers	2 mL
1/4 tsp	salt	1 mL
4	hard-cooked eggs*	4
1	package (250 g) naan	1

Mash avocado so it is still in chunks; combine with onion, lime juice, cilantro, chilli pepper and salt. Peel hard-cooked eggs and chop. Add eggs to avocado mixture; stir to combine.

Serve as a dip with warmed naan.

*To hard-cook eggs, place cold eggs in a single layer in a saucepan. Cover with at least 1 inch (2.5 cm) cold water over top of the eggs. Bring water to a boil over high heat. Immediately cover the saucepan and remove it from the heat to stop water from boiling. Let eggs stand in water, covered, for 20 minutes. Drain water and immediately run cold water over eggs until cooled.

Wine suggestion: Chardonnay

Divinity Eggs

Adapted from the Third place “Real in the Kitchen” recipe.
By: Line Lefebvre (Algonquin College, Ottawa)

Prep time: 10 minutes Cook time: 20 minutes Servings: 10 appetizer

12	hard-cooked eggs**	12
1 tsp	olive oil	5 mL
3	chives, chopped	3
3 cups	loosely packed baby spinach, chopped	750 mL
2	sun-dried tomatoes in oil, drained and sliced	2
1/2 cup	mascarpone cheese or cream cheese	125 mL
1/4 tsp	cayenne pepper	1 mL
	Salt and pepper, to taste	

Peel eggs and slice horizontally. Remove yolks; place in a large bowl.

In a small frying pan, heat oil over medium-high heat. Add chives and spinach; saute until spinach is slightly wilted, about 3 minutes.

Mash egg yolks; add tomatoes, cheese, cayenne pepper, salt, pepper and spinach mixture; stir to combine. Place egg white halves on a serving platter. Spoon yolk mixture into a piping bag with a star or round tip; pipe into egg whites.

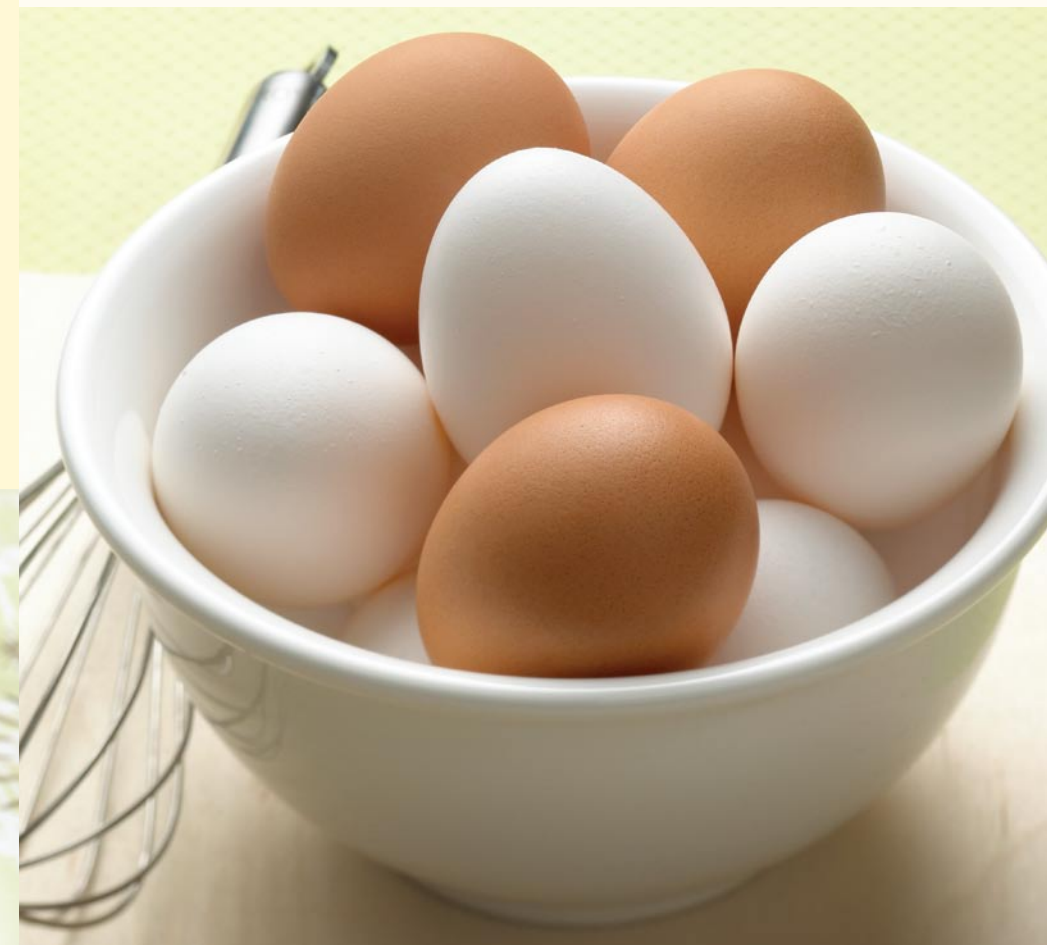
Serve chilled.

** See technique for hard-cooking eggs in Green Eggs and Naan recipe.

Wine suggestion: Riesling (dry) or sparkling wine



from *The “Egg-spress” Yourself*
Student Recipe Contest



About the Prize -Winning Recipes

Egg Farmers of Ontario presents **Prize-Winning Recipes** from *The “Egg-spress” Yourself 2008 Recipe Contest*. These recipes were created by students from culinary schools across Ontario who competed in two categories:

Real in the Kitchen:

Egg recipes prepared in 20 minutes or less with a maximum of 5 ingredients. Salt and pepper were not counted as ingredients.

Just the Good Stuff:

Appetizer and dessert egg recipes.

These delicious, simple and innovative recipes are the result of this contest.

Each recipe has been paired with a type of wine to further enhance the flavours of the dish. Wine matching suggestions have been provided courtesy of Niagara College Teaching Winery.

Niagara College is home to the Niagara Culinary Institute and Teaching Winery, which proudly supports Egg Farmers of Ontario's *The “Egg-spress” Yourself Student Recipe Contest* for the learning opportunities it provides for culinary students.

You can find a specific wine pairing suggestion for each recipe on Niagara Culinary Institute and Teaching Winery's website: www.nctwinery.ca.



getcracking.ca

Gratin of Fresh Berries

Adapted from the First place “Real in the Kitchen” recipe.
By: Sarah Hess (Liaison College, Kingston)

Prep time: 10 minutes **Cook time:** 10 minutes **Servings:** 4

1 1/2 cups	mixed fresh berries (strawberries, blueberries, blackberries, raspberries)	375 mL
4	eggs, separated	4
1/2 cup plus 1 tbsp	sugar	125 mL plus 15 mL
1/4 cup	sweet white wine	60 mL
1/2 tsp	finely grated lemon peel	2 mL

Divide berries between four 1 1/4 cup (10 oz) ramekins or custard cups.

Whisk egg yolks, 1/2 cup (125 mL) sugar and wine in the top of a double boiler or stainless steel bowl. Cook over boiling water, whisking continuously until foamy and thickened and mixture falls in ribbons from whisk, about 5 minutes. Remove from heat; let cool to room temperature.

Beat egg whites in a medium bowl with an electric mixer until stiff peaks form. Add remaining 1 tbsp (15 mL) sugar and lemon peel; whisk until combined. Fold 1/3 of egg white mixture into the cooled egg yolk mixture. Gradually fold in remaining egg white mixture. Spoon evenly over berries.

Place ramekins on a baking sheet; broil until lightly browned, about 2 minutes.

Serve immediately or chill and serve the same day.

Wine suggestion: Ice wine or Gewürztraminer (sweet)



Mini Grilled Cheese 'n Egg Sandwiches



Adapted from the Second place “Real in the Kitchen” recipe.
By: John Vetere (George Brown College, Toronto)

Prep time: 5 minutes **Cook time:** 12 minutes **Servings:** 2

5	eggs	5
2	Cheddar cheese slices	2
2 tbsp	flour	30 mL
2 tbsp	bread crumbs	30 mL
2 tsp	butter or margarine	10 mL
	Spicy ketchup	

Preheat oven to 350°F (180°C).

Whisk 4 eggs in a small bowl; season with salt and pepper. Line an 8" X 8" (2 L) baking pan with foil; spray with non-stick spray. Pour eggs into the pan. Bake until eggs are set, about 12 minutes. Let cool slightly. Remove egg square from the pan; cut into quarters. Make a “sandwich” by placing a cheese slice on one quarter, then topping with another quarter. Repeat for second sandwich.

Whisk remaining egg on a plate. Place flour and bread crumbs in two separate plates. Dip both sides of sandwiches in flour, then in beaten egg, then in bread crumbs.

Melt butter or margarine in a non-stick frying pan. Cook sandwiches on medium-high heat, turning to cook both sides until golden brown and cheese is melted. Cut each sandwich diagonally into triangles to serve.

Serve with spicy ketchup as a dipping sauce.

Wine suggestion: Gamay or Dry Rosé

Strawberry Dessert Omelette

Adapted from the Third place “Real in the Kitchen” recipe.
By: Jennifer Politi (Sir Sanford Fleming College, Peterborough)

Prep time: 3 minutes **Cook time:** 10 minutes **Servings:** 2

4	eggs	4
1/2 cup	whipping cream	125 mL
1/4 cup	sugar, divided	60 mL
1/2 tsp	grated orange peel (optional)	2 mL
1 tsp	butter	5 mL
1 cup	strawberries, sliced	250 mL

Custard: Separate egg whites from yolks. Whisk 2 yolks in a small bowl; set remaining 2 yolks aside. Combine cream and 3 tbsp (45 mL) sugar in a small saucepan. Cook over medium heat, stirring constantly, until hot, but not boiling. Add a small amount of hot cream mixture to beaten egg yolks; stir to combine. Stir egg yolk mixture into cream mixture in saucepan. Cook over medium-high heat, stirring constantly until thickened. Remove from heat; stir in orange peel, if using.

Omelette: Beat egg whites with an electric mixer until soft peaks form; gradually beat in remaining 1 tbsp (15 mL) sugar. Continue beating until whites are stiff but not dry. Whisk remaining 2 egg yolks; fold into whites. Melt butter over medium-high heat in an 8-inch (20 cm) oven-proof frying pan. Pour egg mixture into the pan. Level surface of mixture gently. Cook over low heat until puffy and lightly browned on bottom, about 5 minutes. Bake in a preheated 350°F (180°C) oven until a knife inserted in centre comes out clean, about 8 to 10 minutes. Spoon sliced strawberries over one half of omelette. Score omelette just off centre and fold one half over strawberries. Cut omelette in half. Spoon custard onto two serving plates; place omelette half on top of custard.

Wine suggestion: Late Harvest Red or White

