

Egg Farmers'  
**Family Classics**

11 recipes from Canadian egg farming families



## Who knows eggs better than egg farmers?

There are more than 1,000 egg farmers and farm families in Canada who produce fresh, local and high-quality eggs every single day.

Bring home their family favourite egg dishes, plus egg cooking tips and tricks, in this booklet of 11 classic recipes. From breakfast ideas and family-friendly meals to appetizers and desserts, we hope you enjoy this variety of delicious, versatile recipes made with Canadian eggs that the whole family will love.

Find more recipes and learn  
about Canada's egg farmers at

[eggs.ca](https://eggs.ca)

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## Newfoundland and Labrador Traditional Pickled Eggs

Prep: 20 min   Chill: 2 days   Cook: 5 min   Servings: 12

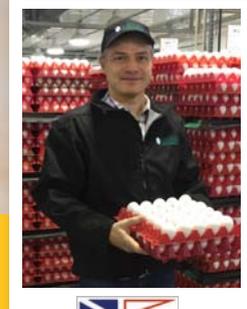
12 hard cooked eggs, peeled  
1/2 cup (125 mL) water  
1/2 cup (125 mL) white vinegar  
1/2 cup (125 mL) apple cider vinegar  
1/4 cup (60 mL) granulated sugar

1/2 medium onion, sliced  
2 tsp (10 mL) pickling spice  
1/2 tsp (2.5 mL) salt  
Pinch of chili flakes (optional)

**In medium saucepan, combine together water, white vinegar, apple cider vinegar, sugar, onion, pickling spices, salt and chili flakes, if using. Bring to boil, stirring frequently, until sugar dissolves. Remove from heat.**

**Place eggs in 4-cup (1 L) jar with lid. Pour hot liquid over eggs into each jar. Top up with more water, if necessary, to ensure eggs are completely covered. Cover jar with lid.**

**Let cool on counter, and refrigerate for at least two days before enjoying.**



**Alex Smallwood**  
Russwood Poultry  
Roaches Line,  
Newfoundland and Labrador  
4th Generation Egg Farmer

**“These pickled eggs are a fast and healthy snack, or a great addition to a cheese or charcuterie board!”**

# Prince Edward Island Homestyle Greek Omelette

Prep: 10 min Cook: 15 min Servings: 1 omelette

2 eggs

1/4 tsp (1.25 mL) each salt and pepper

2 tbsp (30 mL) butter, divided

1/2 small red pepper, finely chopped

1/2 small red onion, finely chopped

4 (about 2 oz/60 g) button mushrooms, sliced

2 tbsp (30 mL) crumbled feta cheese

2 tbsp (30 mL) shredded Cheddar cheese

1/4 cup (60 mL) banana peppers (optional)

1/4 cup (60 mL) artichokes (optional)

**Melt 1 tbsp (15 mL) butter in medium non-stick skillet over medium heat.**

**Cook red pepper, onions, mushrooms, and banana peppers and artichokes if using, with salt and pepper for 10 to 12 minutes or until vegetables are softened and lightly golden. Remove and set aside.**

**Whisk together eggs and salt and pepper; set aside.**

**Wipe skillet clean with paper towel and melt remaining butter over medium heat; add egg mixture and cook until eggs are almost set, gently lifting edge with spatula to allow uncooked eggs to flow underneath, about 1 - 3 minutes.**

**Sprinkle half of the egg with vegetable mixture, feta and cheddar.  
Fold uncovered half over top and slide onto plate.**

**Garnish with your favourite toppings, like cherry tomatoes and black olives.**



**Nathan and Wendy Burns**

Burns Poultry Farm  
Freetown, Prince Edward Island  
7th Generation Egg Farmers

**Nathan came up with this recipe one Sunday morning with his family.**

**Wendy says "many people overcook their eggs by using a high heat - slow and steady wins the race!"**



Nova Scotia

# Classic Egg Salad Sandwiches

Prep: 20 min Servings: 6

- 12 hard-cooked eggs, peeled
- 12 slices whole wheat bread
- 2 green onions, finely chopped

- 1/2 cup (125 mL) mayonnaise
- 1/4 tsp (1.25 mL) each salt and pepper
- 1/4 cup (60 mL) butter, softened

**Mash eggs with a fork. Add green onions, mayonnaise, salt and pepper; mix together until well combined.**

**Butter each bread slice. Spread egg salad mixture on half the slices. Cap with remaining bread slices, buttered side down.**

Visit [eggs.ca](http://eggs.ca) for the Newcombe family's homemade mayo recipe.



## The Newcombe Family

Cornwallis Farms  
Port Williams, Nova Scotia

9th and 10th  
Generation Egg Farmers

The Newcombe's tip for peeling hard-cooked eggs is simple – "Use eggs that are at least a week old. The fresher the egg, the more difficult they are to peel."



## New Brunswick **Two-Bite Meringue Cookies**

**Prep: 15 min Cook: 60 min Servings: 48**

6 egg whites  
1 1/2 cups (375 mL) granulated sugar  
1/4 tsp (1.25 mL) cream of tartar  
1 tsp (5 mL) vanilla extract

**Preheat oven to 275°F (135°C). Line two baking sheets with parchment paper.**

**Beat egg whites in large glass or metal mixing bowl with electric mixer until frothy. Add cream of tartar; beat until soft peaks form. Gradually beat in sugar, 1 tbsp (15 mL) at a time, until sugar is dissolved and stiff, glossy peaks form. Fold in vanilla.**

**To make meringues, dollop about 2 tbsp (30 mL) mixture per meringue onto baking sheet. Alternatively, pipe mixture onto sheets using a piping bag with a star tip or a resealable bag with the corner snipped.**

**Bake in preheated 275°F (135°C) oven until firm, about 55 to 60 minutes. Cool completely and store meringues in airtight container. Makes about 48 meringues.**



### **The Law Family**

Law's Horizon Egg Farm  
Kars, New Brunswick

**2nd and 3rd  
Generation Egg Farmers**

**For special occasions, Carol Law likes to add food colouring and flavouring to her meringues. "Fold in pink/cherry for Valentine's Day, green/mint for St. Patrick's, or top with sprinkles for the holidays!"**



# Québec Classic Quiche Lorraine

Prep: 20 min Cook: 50 min Servings: 6

- |                                  |  |
|----------------------------------|--|
| 1 pre-baked pie crust            | 1/4 tsp (1.25 mL) each salt and pepper |
| 5 eggs                           | 1 cup (250 mL) shredded Gruyere cheese |
| 3/4 cup (175 mL) 18% light cream | 4 slices bacon, cooked & chopped       |
| 1/4 cup (60 mL) milk             | 2 green onions, finely chopped         |

**Preheat oven to 325°F (165°C). Whisk together eggs, cream, milk, salt and pepper. Stir in cheese, bacon and green onion; pour mixture into pre-baked crust.**

**Bake in centre of oven for 45 to 50 minutes or until filling is set but still jiggles slightly in the centre. Let stand for 15 minutes before slicing; serve warm or at room temperature.**

Visit [eggs.ca](http://eggs.ca) for the Gelé family's homemade pie crust recipe.



**Mario Gelé**

Élevage & Grains Gelé  
Cookshire, Québec

3rd Generation Egg Farmers

The Gelé family love being able to use their eggs in this classic quiche recipe. Mario adds "I always cook the crust a few minutes before pouring the egg mix into it, the crust is much better that way."



## Ontario Savoury Potato and Chorizo Frittata

Prep: 10 min Cook: 20 min Servings: 4

- |   |  |
|---|--|
| 6 eggs  | 1 tsp (5 mL) dried rosemary                |
| 2 tbsp (30 mL) olive oil  | 1/2 tsp (2.5 mL) smoked or regular paprika |
| 1 1/2 cups (375 mL) chopped frozen hash browns                      | 1/4 tsp (1.25 mL) onion powder             |
| 6 oz (170 g) dry-cured chorizo sausage,<br>casing removed and cubed | 1/4 tsp (1.25 mL) garlic powder            |
| 1/2 cup (125 mL) sweet red pepper, diced                            | Pinch cayenne pepper                       |
|   | Pinch each salt and pepper                 |

Preheat oven to 350°F (180°C). Heat oil in medium non-stick, oven-proof skillet or cast-iron skillet set over medium heat. Cook hash browns, stirring often, for 3 to 5 minutes or until lightly browned.

Add sausage, red pepper, rosemary, paprika, onion powder, garlic powder, salt, pepper and cayenne. Cook, stirring often, for 3 to 5 minutes or until sausage starts to brown. Spread evenly in skillet. Remove from heat.

In a bowl, whisk eggs until blended and pour evenly over sausage mixture. Bake for 7 to 8 minutes or until set. Serve warm, cut into wedges.



### The Heyink Family

A.S.H. Farms  
Hensall, Ontario

2nd and 3rd  
Generation Egg Farmers

This is the Heyink's favourite breakfast recipe. "It's easy to make, and can be easily adapted to use up ingredients that we usually have on hand in our kitchen."



## Manitoba Mom's Homemade Devilled Eggs

Prep: 20 min Servings: 12

- 12 hard-cooked eggs, peeled
- 1/2 cup (125 mL) mayonnaise
- 1 tsp (5 mL) sweet relish
- 1 tsp (5 mL) mustard
- 1/4 tsp (1.25 mL) onion powder
- 1/4 tsp (1.25 mL) each salt and pepper

- Optional Toppings:**
- 2 slices bacon, cooked crispy and finely chopped
  - 1 green onion, thinly sliced
  - 1 pickle, thinly sliced
  - Pinch paprika

**Cut eggs in half lengthwise. Carefully remove yolks from whites, keeping whites intact.**

**In a medium-sized bowl, mash yolks; stir in mayonnaise, relish, mustard, onion powder, salt and pepper until well blended.**

**Spoon filling into whites or use piping bag fitted with star tip for a dressier look. Garnish with the toppings of your choice.**



**Joel and Christine  
Doerksen**

Doerksen Poultry Farm  
Blumenort, Manitoba

**4th Generation Egg Farmers**

Christine loves to make different variations of devilled eggs for her family to enjoy, and says "they are always an easy, and impressive, appetizer to bring to any event."



## Saskatchewan Farmer's Favourite Breakfast Sandwich

Prep: 10 min Cook: 5 min Servings: 1

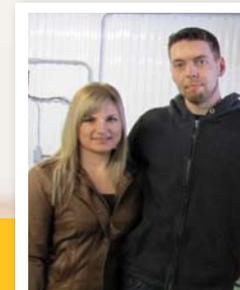
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| 1 egg                | 1 tbsp (15 mL) butter               |
| 1 slice ham, chopped | 1 English muffin, split and toasted |
| Pinch pepper         | 1 slice cheese of your choice       |

Whisk egg with ham and pepper. Melt butter in a small, non-stick skillet over medium heat. Once butter is melted, spray a round metal cookie cutter or ring with cooking spray and place into the skillet.

Pour egg mixture into ring. Cook for one minute or until egg is almost set.

Top English muffin with cheese and egg mixture.

Visit [eggs.ca](http://eggs.ca) for a free microwave egg cooker



**Tyler and Kaylin  
Wiens**

Sandy Ridge Poultry  
Hague, Saskatchewan

3rd Generation Egg Farmers

“This recipe can be made even quicker with a microwave!” Kaylin says. “Just pour the scrambled egg mixture into a greased ramekin, and microwave for about 45 seconds.”



Alberta

# Classic Dessert Crêpes

Prep: 15 min Cook: 10 min Servings: 12 crêpes

4 eggs

2 tbsp (30 mL) granulated sugar

1 cup (250 mL) flour

1 cup (250 mL) milk

1 tbsp (15 mL) butter, melted

Pinch salt, to taste

Beat together eggs and sugar in medium bowl until blended. Gradually add in the flour, alternating with milk and 2 tbsp (30 mL) water, beating until smooth.

Add melted butter and salt and continue beating until batter is uniform.

Let batter stand at room temperature for 1 hour before using.

To cook, spray an 8-inch non-stick skillet or crêpe pan with cooking spray.

Heat over medium-high heat until water droplets sizzle when sprinkled into skillet.

Stir batter. Pour about 3 tbsp (45 mL) of batter into skillet, then quickly tilt and rotate skillet to coat bottom evenly with batter.

Cook until bottom is slightly browned, about 45 seconds. Flip crêpe with spatula.

Cook for another 15 to 30 seconds. Transfer to plate and repeat with remaining batter, spraying skillet with cooking spray if crêpes begin to stick.



**Susan Schafers**

STS Farms  
Parkland County, Alberta  
2nd Generation Egg Farmer

"This is my go-to recipe for making crêpes. It makes for a delicious dessert, but also works as a go-to weekend breakfast topped however you like!"



## British Columbia Farmhouse Breakfast Cups

Prep: 15 min Cook: 15 min Servings: 12 cups

12 eggs

Pinch each salt and pepper

### Mix and Match Fillings:

1/2 small red pepper, finely chopped

1/2 small tomato, finely chopped

2 green onions, finely chopped

1 cup (250 mL) fresh chopped spinach

1/4 cup (60 mL) shredded Cheddar cheese

2 tbsp (30 mL) grated Parmesan cheese

Preheat oven to 350°F (180°C). Grease 12 muffin cups.

Whisk together eggs, salt and pepper; set aside.

Place desired combination of fillings into each muffin cup.

Pour enough egg mixture until almost reaches the top of the cup.

Bake for 15 to 18 minutes or until set.



**Joleen Bisschop**

Elkview Enterprises  
Rosedale, British Columbia  
2nd Generation Egg Farmer

“As a mother of teenagers, the mix and match fillings are a great way to satisfy all. Try chopped cooked bacon, crumbled goat’s cheese or even some smoked salmon for a B.C. twist!”



## Northwest Territories Simple Scrambled Eggs

Prep: 5 min Cook: 5 min Servings: 1

2 eggs

Pinch each salt and pepper

1 tbsp (15 mL) butter

**Whisk eggs, salt and pepper in small bowl. Melt butter in non-stick skillet over medium heat.**

**Pour in egg mixture and reduce heat to medium-low. As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds.**

**Cook until eggs are thickened and no visible liquid egg remains, but the eggs are not dry.**

**Variations:**

- Sprinkle eggs with shredded cheese before serving, such as Cheddar, Monterey Jack or mozzarella.
- Fill a tortilla, toasted bagel or English muffin for a quick and portable breakfast.



**Michael Wallington**

Choice North Farms  
Hay River, Northwest Territories  
2nd Generation Egg Farmer

**“Making scrambled eggs isn’t complicated. A bit of salt and pepper for flavour, a little butter to cook, and fresh eggs is all you need for a perfect breakfast.”**

# By The Dozen

12 things to know about eggs!



1

Eggs are produced by more than 1,000 farm families across Canada. No matter where you shop, the eggs you buy at the store are local.



4

Refrigerating eggs helps preserve freshness. Store eggs in their carton in the main body of the fridge, and you'll always know the best before date of your eggs.



7

All eggs in Canada are always free of added steroids and hormones.



10

Eggs travel from the farm to the store in less than a week.



2

Eggs are an excellent source of high-quality protein that provides long-lasting energy, as well as vitamin A, vitamin D, vitamin B12 and iron!



5

Canadian farm families deliver more than 650 million dozen eggs each year!



8

Egg size is related to the age of the hen - as a hen gets older, she lays larger eggs. Eggs are sorted at the grading station based on weight, not circumference.



11

Egg yolk colour is related to the hen's feed. Generally, a wheat-based diet produces pale yellow yolks, while a feed that contains corn or alfalfa produces eggs with darker yolks.



3

There is no difference in nutrition or flavour between white and brown eggs. White eggs are produced by white hens, and brown eggs by brown hens.



6

From classic white and brown eggs to free range and free run to organic, omega-3, and vitamin D enhanced, Canadian egg farmers provide you with choices.



9

For the freshest, best quality eggs, buy Canada "Grade A" eggs that have been kept refrigerated and have clean uncracked shells.



12

Two eggs are considered one serving in the Meat and Alternatives group in Canada's Food Guide.





## Brought to you by your local egg farmers:

- [nleggs.ca](http://nleggs.ca) **Egg Farmers of Newfoundland and Labrador**
- [eggspei.ca](http://eggspei.ca) **Egg Producers of Prince Edward Island**
- [nsegg.ca](http://nsegg.ca) **Egg Farmers of Nova Scotia**
- [nbegg.ca](http://nbegg.ca) **Egg Farmers of New Brunswick**
- [oeuf.ca](http://oeuf.ca) **Fédération des producteurs d'œufs du Québec**
- [getcracking.ca](http://getcracking.ca) **Egg Farmers of Ontario**
- [eggs.mb.ca](http://eggs.mb.ca) **Manitoba Egg Farmers**
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