

Simply Tasty Recipe Series 3

Soft Boiled Eggs and Smoked Salmon Bagels

Cheese and Tomato Macaroni with Ham

Colcannon Cakes with Poached Eggs and Hollandaise Sauce

Spicy Fried Eggs

Marmalade Muffins

Mushroom Omelette

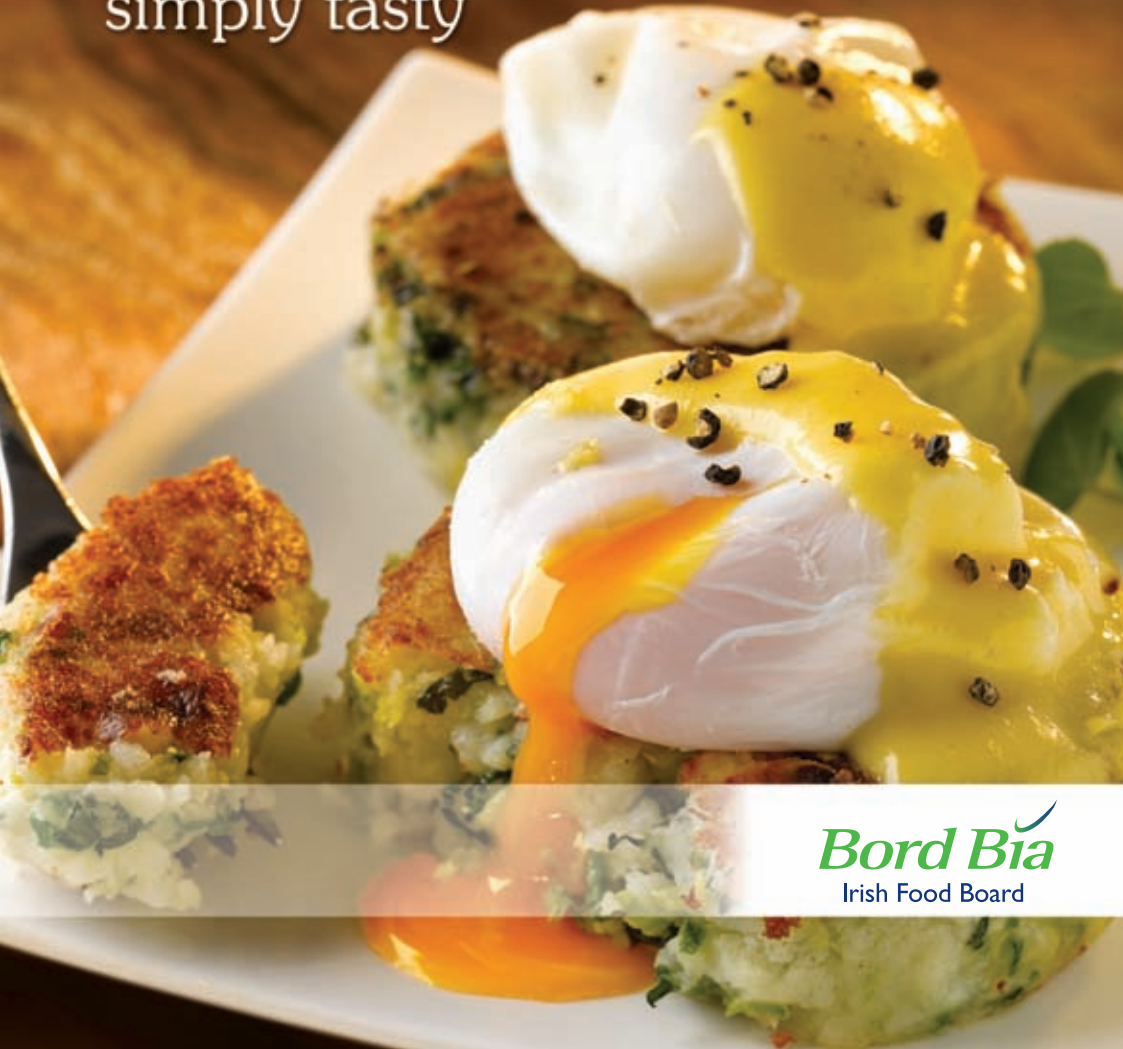


**QUALITY
ASSURANCE SCHEME**

BORD Bia - IRISH FOOD BOARD
APPROVED QUALITY PROCESS

Eggs

simply tasty



Bord Bia
Irish Food Board

Eggs – Simply Tasty and Cracking Great Value

Welcome to Eggs simply tasty!

We have included a range of great value, delicious and nutritious meal options for all the family. We hope they will give you ideas for including eggs throughout the week and remember An Egg a Day is OK!

We hope you enjoy trying the recipes and don't forget, when shopping, to choose eggs with the Bord Bia Quality Mark.

Why choose Eggs with the Bord Bia Quality Mark?

The Bord Bia Egg Quality Assurance Scheme (EQAS) identifies eggs that have been produced and packed to the highest standards of food safety and traceability and in a manner which protects the environment. In addition the EQAS is accredited to an international standard which includes the independent inspection and certification of participants.



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Soft Boiled Eggs and Smoked Salmon Bagels

The smoked salmon in these bagels could be replaced with slices of cooked ham; or try wilted spinach for a vegetarian alternative.

TIME **15 MINS**
SERVES **4**

4 large eggs

2 bagels, granary if available

Butter, for spreading

200g packet smoked salmon slices

2 tablesp. crème fraîche

A little salt and freshly-ground black pepper

1 teasp. fresh chives, chopped

Place the eggs in a small pan of water and boil for 5 minutes, then drain and plunge into a bowl of iced water. Set aside for 10 minutes as this will make them much easier to peel.

Preheat the grill to high. Cut the bagels in half and arrange on a grill rack. Cook for 1–2 minutes until toasted. Spread with a little butter.

Place the toasted bagel halves on warmed plates and ruffle the smoked salmon slices on top. Add half a tablespoon of crème fraîche.

Shell the eggs and cut each one in half, then arrange on top of the smoked salmon and crème fraîche. Season lightly and sprinkle with the chives to serve.

Nutritional analysis per serving:

ENERGY: 384kcal

PROTEIN: 25g

FAT: 23g

IRON: 2.1mg

CARBOHYDRATE: 20g

Cheese and Tomato Macaroni with Ham

TIME **30 MINS**
SERVES **4**

2 large egg yolks
225g dried macaroni
200g carton reduced fat crème fraîche
1 teasp. Dijon style mustard
A little salt and freshly ground black pepper

100g mature hard cheese, finely grated
225g cherry tomatoes
100g cooked ham, chopped
Serve with lightly dressed green salad

Nutritional analysis per serving:

ENERGY: 499kcal **PROTEIN:** 20g

FAT: 28g **IRON:** 1.8mg

CARBOHYDRATE: 44g

This is a great option for anyone who loves macaroni cheese without all of the hassle of making a béchamel sauce. The addition of the cherry tomatoes and ham make it more of a meal that all of the family should enjoy. Small blanched broccoli florets would also work well instead of the ham.

Preheat the oven to Gas Mark 4, 180°C (350°F). Cook the macaroni in a large pan of boiling salted water for 10–12 minutes until just ‘al dente’ (tender but still firm to the bite).

Place the crème fraîche in a bowl and beat in the egg yolks and mustard, then season with a little salt and black pepper.

Drain the pasta and return to the pan. Stir in the crème fraîche mixture with the cheese, then gently fold in the cherry tomatoes and ham.

Tip the macaroni mixture into an ovenproof dish. Bake for 15–20 minutes until golden brown and bubbling. Leave to stand for a few minutes and then serve straight from the dish with a large bowl of salad.



Colcannon Cakes with Poached Eggs and Hollandaise Sauce

TIME **30 MINS**
SERVES **4**

This dish would also be delicious served with a slice of baked ham or bacon if you have any leftover. Alternatively, chop up the ham or bacon and add to the colcannon mixture before shaping into patties.

4 large eggs
450g potatoes, peeled
40g butter
3 scallions, finely chopped
50g Savoy cabbage, shredded
A little salt and freshly-ground black pepper
A little plain flour, for dusting

Olive oil, for frying
1 tablesp. white wine vinegar

FOR THE HOLLANDAISE SAUCE
2 teasp. white wine or tarragon vinegar
2 large egg yolks
100g unsalted butter



Cook the potatoes in a covered pan of boiling salted water for 15-20 minutes until tender.

Meanwhile, heat a knob of the butter and one tablespoon of water in a heavy-based pan with a lid, over a high heat. When the butter has melted and formed an emulsion, add the scallions and cabbage with a pinch of salt. Cover, shake vigorously and cook over a high heat for 1 minute. Shake the pan again and cook for another minute, then season with pepper.

Drain the potatoes and mash until smooth, then beat in the remaining butter. Fold in the cabbage mixture. Shape the mixture into four balls, dust with flour and press into neat patties.

Heat a thin film of olive oil in a heavy-based frying pan and add the patties, then cook for 3-4 minutes on each side until golden brown.

To cook the poached eggs, bring a large pan of water to the boil. Add the vinegar and season with salt and keep at a very gentle simmer. Break the eggs into the water and simmer for 3-4 minutes until just cooked but still soft on the inside. Remove with a slotted spoon and drain well on kitchen paper, trimming away any ragged edges.

To make the hollandaise sauce, place the vinegar and egg yolks in a food processor with a pinch of salt. Blend until just combined.

Gently heat the butter in a heavy-based pan until melted and just beginning to foam. Turn on the food processor and with the motor running at medium speed, pour in the melted butter in a thin, steady stream through the feeder tube. Continue to blitz for another 5 seconds and pour back into the pan but do not return to the heat. Allow the heat from the pan to finish thickening the sauce as you stir it gently for another minute before serving. Season to taste with salt.

To serve, place a colcannon cake on each warmed plate and place a poached egg on top of each one. Spoon over the hollandaise sauce and add a grinding of black pepper.

Nutritional analysis per serving:

ENERGY: 555kcal	PROTEIN: 13g
FAT: 46g	IRON: 2.5mg
CARBOHYDRATE: 23g	



Spicy Fried Eggs

TIME **20 MINS**
SERVES **4**

This is quite a traditional snack in many parts of Italy but of course would make a wonderful breakfast or late night supper...

Nutritional analysis per serving:

ENERGY: 346kcal	PROTEIN: 13g
FAT: 24g	IRON: 2.0mg
CARBOHYDRATE: 26g	

4 large eggs
2 ripe plum tomatoes
Olive oil, for cooking
4 slices ciabatta or other rustic type bread
2 garlic cloves, thinly sliced
1 red chilli, thinly sliced into rings (optional)

1 tablesp. fresh chives, chopped
½ teasp. balsamic vinegar
A little salt and freshly-ground black pepper
Serve with lightly dressed baby leaf salad with herbs

Heat a heavy-based griddle pan. Thickly slice the plum tomatoes and then brush with a little olive oil. Add to the heated pan and cook for about 5 minutes until nicely marked. Transfer to a plate and keep warm. Brush the bread with a little more oil and toast on the same pan until nicely marked.

Meanwhile, heat a little olive oil in a large non-stick frying pan and crack in the eggs. Scatter over the garlic and chilli, if using, and cook for a couple of minutes, spooning the hot oil over the egg yolks until they are cooked to your liking.

Place the griddled bread on warmed plates and quickly arrange the griddled tomatoes on top.

Scatter the chives into the egg pan and sprinkle over the balsamic vinegar. Season lightly, then slide the eggs on to the tomatoes and drizzle over any pan juices. Serve with the salad.

Marmalade Muffins

TIME **35 MINS**

MAKES **12**

The trick to fluffy muffins is to fold the wet and dry ingredients together as briefly as possible until just combined; don't worry if the mixture still looks a little lumpy. These muffins are best served on the day they are made. If you don't fancy using marmalade try making them with lemon curd instead.

2 eggs, beaten

75g butter

225g plain flour

1 tablesp. baking powder

½ teasp. bread soda

Pinch of salt

100g stone-ground wholemeal flour

120ml milk

5 tablesp. natural yoghurt

Finely grated rind of 1 orange

100g marmalade

Preheat the oven to Gas Mark 4, 180°C (350°F). Line a muffin tin with deep paper cases. Melt the butter in a small pan or in the microwave. Remove from the heat.

Sift the plain flour, baking powder, bread soda and salt into a bowl. Stir in the wholemeal flour. In a separate bowl, beat together the milk, yoghurt, eggs, warm melted butter and orange rind. Make a well in the dried ingredients and stir in this mixture along with the marmalade.

Spoon the mixture equally into the paper cases and bake for 20–25 minutes until well risen and golden brown. Leave to cool for five minutes, then serve warm with a pot of hot coffee.

Nutritional analysis per muffin:

ENERGY: 195kcal

PROTEIN: 6g

FAT: 8g

IRON: 0.9mg

CARBOHYDRATE: 28g



Mushroom Omelette

TIME **10 MINS**
SERVES **1**

Omelettes are really quick to make. Don't be tempted to over-beat the omelette, as it will spoil the texture. Of course you could put in any filling that you fancy such as roasted peppers or crispy bacon and scallions depending on what's in the fridge.

2 teasp. sunflower oil

Knob of unsalted butter

100g chestnut mushrooms, sliced

A little salt and freshly ground black pepper

3 eggs

1 teasp. fresh chives, chopped

Serve with lightly dressed rocket salad and crusty bread

Nutritional analysis per serving:

ENERGY: 613kcal

PROTEIN: 30g

FAT: 44g

IRON: 4.5mg

CARBOHYDRATE: 26g



Heat a non-stick frying pan with a base about 20cm in diameter. Add half of the oil and a little butter. Once the butter is foaming, tip in the mushrooms. Season and sauté for 2–3 minutes. Tip into a bowl and set aside.

Wipe out the frying pan and return to the hob. Break the eggs into a bowl and add the chives; then season and lightly beat. When the pan is hot, add the remaining oil and then a little more butter, swirling it around so that the base and sides get coated.

While the butter is still foaming, pour in the egg mixture, tilting the pan from side to side. Stir gently with a fork or wooden spatula, drawing the mixture from the sides to the centre as it sets. When the eggs have almost set, scatter over the reserved mushrooms. Tilt the pan away from you slightly and use a palette knife to fold over the omelette. Slide on to a warmed plate and serve at once with the rocket salad and some crusty bread.



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