

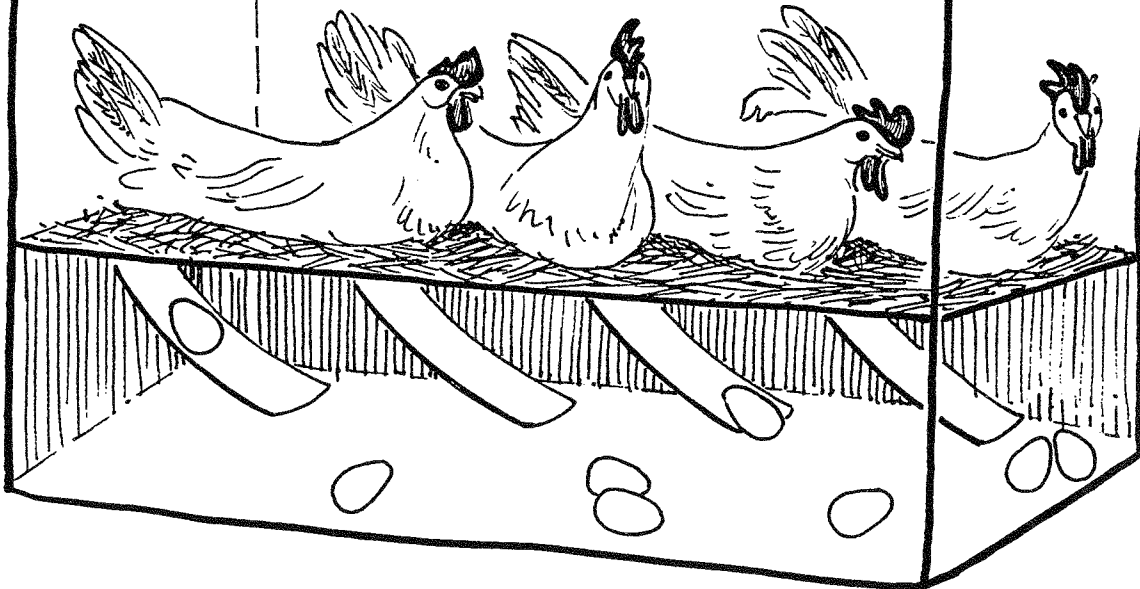


RETIRED  
4-H PROJECT

LEARN TO DO BY DOING

# Now Laying

The Great Chickens and Egg Project



NAME

AGE

CLUB

NUMBER OF CLUBS



Ontario  
4-H Council



Ministry of Agriculture,  
Food and Rural Affairs

4-H 1330 92 ME

## THE 4-H PLEDGE

"I pledge:

My Head to clearer thinking

My Heart to greater loyalty

My Hands to larger service

My Health to better living

For my club, my community and my country."

## TABLE OF CONTENTS

	PAGE
INTRODUCTION .....	1
REQUIREMENTS .....	2
MEETING SCHEDULE .....	3
MEETINGS: "Chicking" Out the "Egg"itement! .....	5
Stock Up .....	17
"Eggs"perimenting with Eggs .....	27
Stir Crazy Nutrition .....	35
Wave It and White It! .....	45
What's Left? .....	53
RECIPES MADE AT HOME .....	63
PROJECT SUMMARY .....	64
RECIPE BOOKLET .....	R1

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Thanks also to the 4-H members and leaders who helped to test the recipes for this project.

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Agriculture and Food and Agriculture Canada.

CHEGGM



**KIDS HELP PHONE**  
**JEUNESSE, J'ECOUTE**

**1-800-668-6868**

## **PURPOSE OF THE 4-H PROGRAM**

The primary purpose of the 4-H program is the personal development of youth in rural Ontario.

In 4-H, members will be:

- encouraged to develop self-confidence, a sense of responsibility, and a positive self-image;
- helped to develop their skills in communications, leadership, problem solving, and goal setting; and
- offered the opportunity to learn about the food production, processing, and marketing systems and the heritage and culture of Ontario through projects such as livestock and crop production, financial management, food preparation, nutrition, recreational activities, and career development.

## **INTRODUCTION**

Let's have fun with two excellent, protein-source foods — chicken and eggs. They can be used in a wide variety of flavorful, nutritious, inexpensive, and easy recipes. You will have a chance to not only taste and create with these delicious foods, but also to learn about safe storage, healthier eating, and microwave and quick cooking methods. Throughout the manual, many little "bites" of information will sift through the topics, and help to make creating and cooking with chicken and eggs "eggs" citing!! You will also discover the important links from the egg and chicken producers to our grocery stores and homes.

## **OBJECTIVES**

1. To have fun and enjoy learning and making the project's recipes.
2. To practice cutting up a whole chicken.
3. To practice deboning chicken breasts.
4. To discuss proper storage of chicken and eggs.
5. To discover the basic functions of eggs in cooking.
6. To discover the versatility of eggs and chicken in our menus and healthy eating plan.
7. To find out how those chickens and eggs get from the farms to the stores.
8. To learn the nutrition facts about chicken and eggs.

## **GENERAL REQUIREMENTS**

A member will complete a project satisfactorily by:

1. participating in at least 2/3 of his/her own club meeting time;
2. completing the project requirements to the satisfaction of the club leader(s);
3. taking part in an achievement program.

## **SPECIFIC REQUIREMENTS**

### **JUNIOR ACTIVITIES**

The more you try out recipes on your own, the more comfortable you will feel when learning new techniques and trying new recipes. You will also find that without having to look too far, recipes with chicken and eggs as ingredients are quite popular in cookbooks, magazines and newspapers. Choose one of the following activities or complete an idea of your own after checking with your leader.

1. Prepare 4 recipes from the project prior to the Achievement Program. Serve them to family members or friends, and report on them in the Recipes Made At Home Chart on page 63.
2. Start a recipe file that includes a minimum of three recipes containing chicken and a minimum of three recipes containing eggs. Sources for these recipes may be new or old magazines, family's or friends' cookbooks, newspapers, or the library.

### **SENIOR ACTIVITIES** (15 years of age and older)

Leadership and communication skills are developed further by accepting challenges when they are available. The following activities are offered as challenging and fun experiences for personal growth. Choose one of these, or make up one of your own and discuss it with your leader.

1. Work in a group of 2-3 to prepare a demonstration for a community group on cutting up a whole chicken and suggestions for usage of the parts, OR on deboning chicken breasts and a recipe using the breasts.
2. Prepare and present a brief talk to the members of your club on the presence of fat in our food and how to minimize the fat content when cooking with eggs and chicken. Pamphlets for reference are available through Public Health Units.
3. Talk with a Dietitian and/or Public Health Nutritionist regarding allergies to eggs and meal planning without using eggs (that is alternatives to using eggs; egg substitutes). Present a brief talk on your findings to your club at one of the meetings or at the Achievement Program.

## MEETING SCHEDULE

	DATE	TIME	PLACE
MEETING ONE			
MEETING TWO			
MEETING THREE			
MEETING FOUR			
MEETING FIVE			
MEETING SIX			
ACHIEVEMENT PROGRAM			

# "Chicking" Out the "Egg"itement!

## ROLL CALL

Name a favorite food that is made with eggs and a favorite food that is made with chicken.

\*\*\*\*\*

## A ROAD MAP TO GOOD MEETINGS

Welcome to 4-H! Our final stop is our Achievement Program, but there are many things that we want to do along the way. You should find them fun and enjoyable.

When you are planning a trip, you need to have a road map to follow so you don't get lost along the way. The map that is used to reach a good meeting is called an agenda. There is a sample on the next page.

The agenda keeps the meeting on time and lists all the items that need to be covered in the meeting. The agenda is usually prepared by the chairperson or president before the meeting with help from other members and the club leader(s). Everyone should be aware of the meeting agenda.



It is helpful to use point form. Put the name of the person who will be involved at the meeting and a time limit beside each item on the agenda.

It is very important to start and end the meeting on time.

## YOUR ROAD MAP TO GOOD MEETINGS

### SAMPLE AGENDA

<u>What</u>	<u>When</u>	<u>Who</u>
Include club name, meeting location and date.	4-H Club Name Location Date	
List all items that need to be covered in the meeting.	7:00 pm Call to Order 4-H Pledge Roll Call Introduction of Guests Minutes of Last Meeting Adoption of Minutes Business Arising from Minutes Treasurer's Report	President Everyone Secretary 4-H Member Secretary President President Treasurer
Program should relate to 4-H project.	7:15 New Club Business Date of Next Meeting	President Everyone
	7:25 Club Program	Youth Leader, Senior Members, Leaders, Everyone
	8:25 Introduce Guest Speaker	4-H Member
	8:30 Demonstration	Guest Speaker
	8:45 Thank Guest Speaker Announcements	4-H Member Anyone
	9:00 Adjournment	President, Anyone

### KEEPING YOUR CLUB GOING

In order to keep your club going in the right direction, you need some "tour guides", known as the **club executive**. They work with the club leader(s), youth leader(s) and all club members to keep the club on track.

#### PRESIDENT

The club president works closely with club leaders to plan meetings and other activities. He/she acts as **chairperson** of all club meetings and ensures that the meetings start and end on time.

#### VICE-PRESIDENT

The vice-president helps the president when needed and takes over the duties of the president if necessary.

### SECRETARY

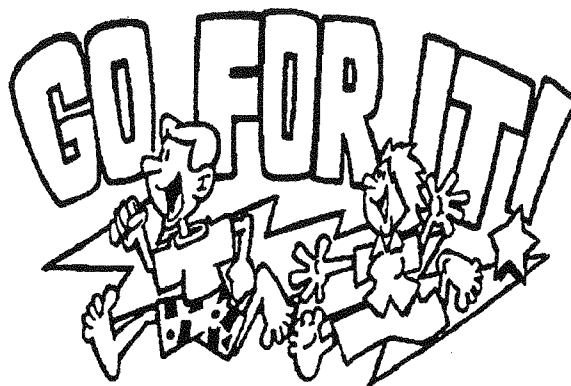
The secretary is responsible for keeping **minutes** (a record of the meeting's activities), attendance records and handling the club's mail. If the club has money, the secretary may become secretary-treasurer.

### PRESS REPORTER

The press reporter is responsible for letting the community know about the activities of your club through local newspapers, radio or 4-H newsletters.

### TREASURER

The treasurer is responsible for keeping a record of the club money which is received or paid out. A report is usually given after the reading of the minutes.



### YOU HAVE A JOB TOO!

Just as each executive member has certain duties, each member has responsibilities to the 4-H club.

Ways that I can help my club keep on track are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ELECTING YOUR EXECUTIVE

The executive members are elected by all club members. Any member may **nominate** another member. Nominations do not require a **second**.

One way for 4-H clubs to make decisions is by **voting**. Voting can be done in a number of ways.

- |                     |                              |
|---------------------|------------------------------|
| 1. By show of hands | 3. By standing               |
| 2. By secret ballot | 4. By saying "Yea" or "Nay". |

A youth leader, senior member or club leader may **chair** the meeting until the president is elected.

**LEARN TO DO BY DOING!**



Be willing to let your name stand for an executive position. It is a rewarding and fun experience. Following your club's elections, complete this club executive chart.

**CLUB EXECUTIVE:**

<u>Office</u>	<u>Name</u>	<u>Phone</u>
PRESIDENT	_____	_____
VICE-PRESIDENT	_____	_____
SECRETARY	_____	_____
TREASURER	_____	_____
PRESS REPORTER	_____	_____
OTHER	_____	_____

**CLUB MEMBERSHIP:**

Members, Phone

Members, Phone

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____



Leaders, Phone

Leaders, Phone

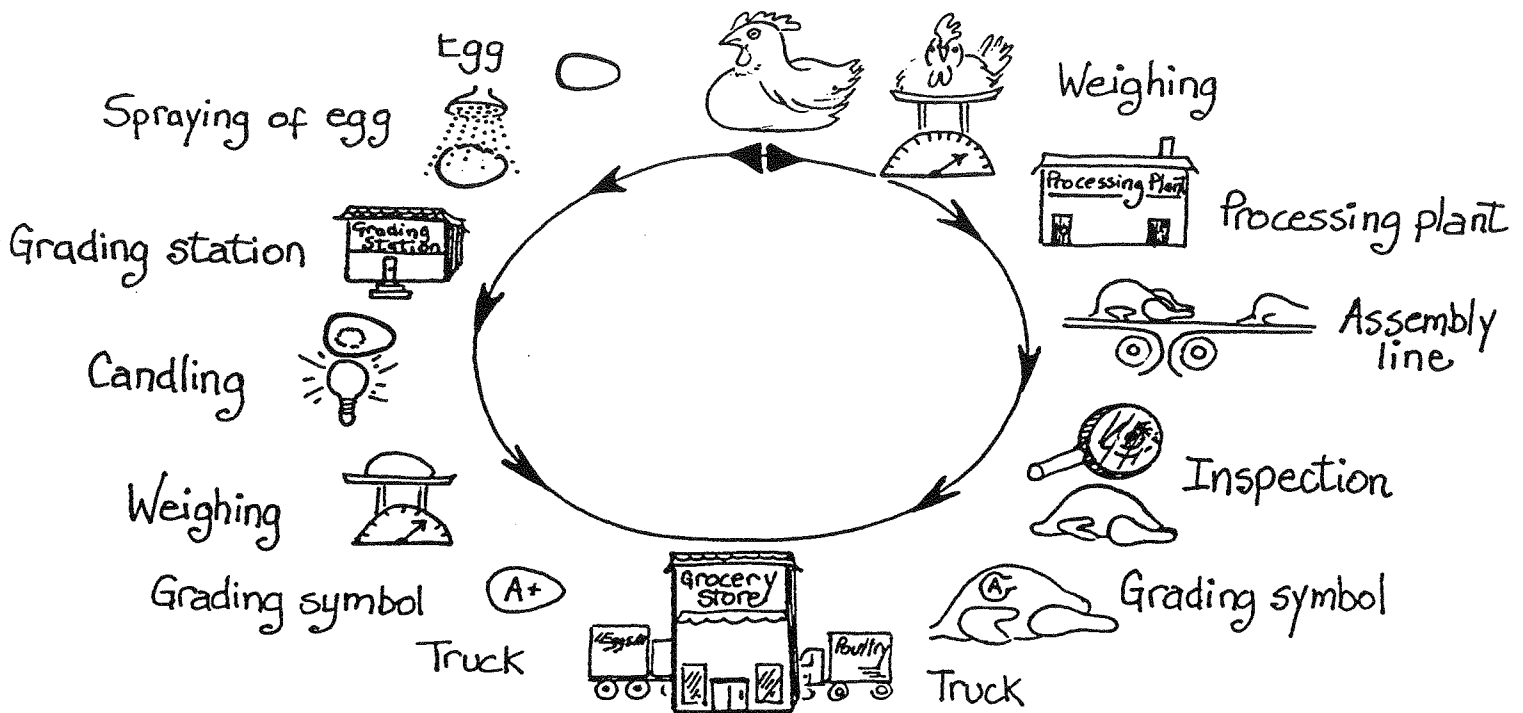
_____	_____
_____	_____

OMAF Contact, Position, Phone

\_\_\_\_\_

## WHICH CAME FIRST...THE CHICKEN OR THE EGG?

This is certainly a puzzling question. We may not be able to answer this question but let's take a closer look at how the chicken and the egg journey from the farm to the store.



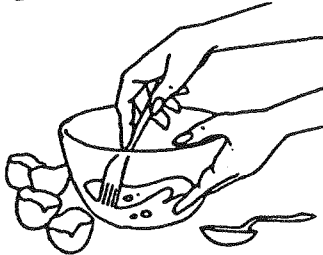
### **\*EGGSTRAORDINARY\***

Have you ever worried about cracking open an egg and finding a chick? Well don't — it's not likely to happen. Although all hens (a female chicken) produce eggs, not all eggs produce chickens. For a chick to develop the egg must be fertilized by a rooster (a male chicken). If the hen and rooster haven't mated, then the egg can't be fertilized so a chick can't develop. Farms that produce eggs for use in your kitchen do not let hens and roosters mate.

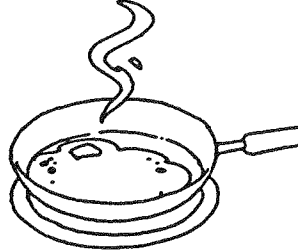
You may find some specialty stores that do sell fertilized eggs — claiming that they are more nutritious than unfertilized eggs. However, the chicken's embryo in a fertilized egg is so small that the amount of extra nutritional value it offers is not very great.

## OMELETS MADE EASY!

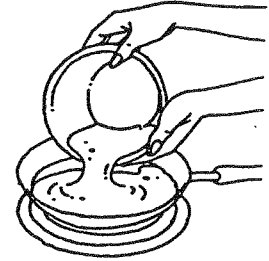
An omelet can definitely be considered a work of art, however it does not take the skill of a French chef to create. If you follow these simple instructions you will see in a short time, just how good your omelets look and taste. Omelets are one of the simplest, fastest and most versatile egg dishes to prepare.



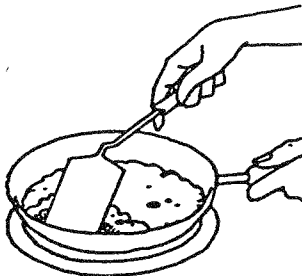
1. Mix 2 eggs and 25 mL of water or milk with a fork or whisk.



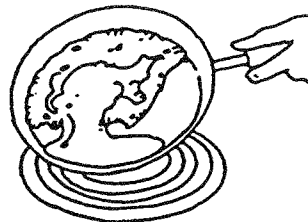
2. In omelet pan or non-stick frypan, heat 10 mL butter until just hot enough to sizzle a drop of water.



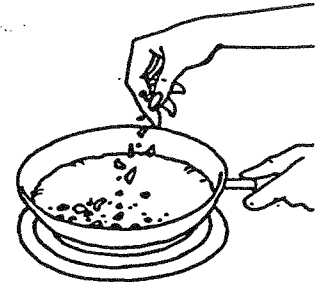
3. Pour egg mixture into pan. Eggs should begin to set at once.



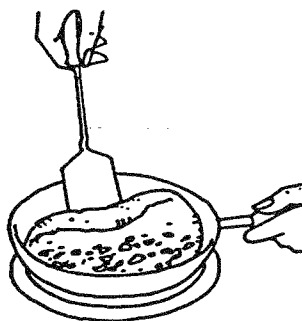
4. With a plastic spatula draw cooked portions from edges to center of the pan.



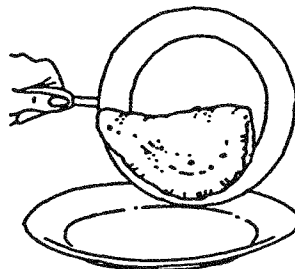
5. Tilt and rotate pan so uncooked egg can flow into empty spaces.



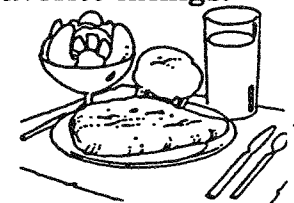
6. Direct handle of pan towards you, fill either the left or right side of the omelet with chopped green onions, diced ham, grated cheese, or any of your favorite fillings.



7. Slip spatula under side opposite to the filling of the omelet, and fold over filling.



8. Your omelet is completed! Gently slide the omelet upside down onto plate from the pan.



9. Serve with milk, vegetable or fruit, and a whole wheat roll and you've got a well-balanced meal.

## TO BE HARD-COOKED OR SOFT-COOKED?...THAT IS THE QUESTION!

Put on your lab coats and walk into the laboratory kitchen. You are about to become a "mad" scientist trying to cook the ideal soft-cooked (yolk is still liquid) and hard-cooked (yolk has hardened) egg.

### HARD AND SOFT-COOKED EGGS

#### **Ingredients:**

eggs  
water

#### **Equipment:**

saucepan  
pin  
timer

1. Fill small saucepan with enough water to eventually cover at least 2.5 cm above eggs. Bring to a boil.
2. Pierce egg shells at large end with a pin. Using a spoon, gently lower into boiling water.
3. Remove saucepan from heat. Cover tightly and let stand 6 to 8 minutes for soft-cooked eggs and 20 to 25 minutes for hard-cooked eggs.

Plunge cooked eggs immediately into cold, icy water to stop further cooking — a few seconds for soft cooked, until completely cooled for hard-cooked.

**NOTE:** Use the longer cooking time for extra large and large eggs and shorter time for medium eggs.

### **EXPERIMENT METHOD**

1. Have fun and really pretend you are a scientist!
2. Follow the above instructions carefully to cook the "perfect" egg.
3. Be exact in your timing for accurate results.
4. To make it easier to tell the eggs apart, use a waterproof marker or colored pencil to number each egg.
5. Decide what you would like to test.

**Examples:**

- longer vs shorter cooking times;
- reactions of types of fluids on results of egg;
- "old" vs fresh eggs;
- brown vs white eggs;
- ease of peeling the hard-cooked eggs with various factors.

Watch for these things during the experiment. Record your results in the chart on the next page.

- **COOKING TIME:** How long did you allow your experimental egg to cook?
- **COOKING FLUID:** What temperature of water did you use to cook eggs?
- **FACTORS:** What did you do to the egg prior to cooking? i.e. piercing  
How old was the egg?  
Did the water ever boil?  
Did you immerse the egg in cold water immediately?

Egg No.	Cooking Time	Cooking Fluid	Factors	Results

• **POSSIBLE RESULTS**

1. Cracked egg in cooking process - not pierced. Piercing the egg would let air escape during cooking and prevent a cracked shell.
2. "Grey Halo" or green tinge on yolk - iron from the egg yolk combines with the hydrogen sulfide gas in the white to form ferrous sulfide. Caused by 1. not cooling eggs immediately after cooking, 2. cooking too long or 3. a high iron content in the cooking water.
3. Hard to peel eggs - caused from too fresh eggs.
4. Displaced yolk (lop-sided) - caused by using less fresh eggs. Yolk centering can be improved if eggs are stored small-end up for 24 hours before cooking or by spinning before cooking.
5. Starting eggs in cold water — different results each time. Required cooking time is difficult to determine when starting with cold water. Tap water temperature can vary depending on time of day and the outdoor temperature. The quantity of water also varies unless carefully measured.

**\*EGGSTRAORDINARY\***

To determine whether an egg is hard-cooked, spin it. If it spins round and round, it is hard-cooked. If it wobbles and will not spin, it is raw.

To peel a hard-cooked egg, crack the shell and roll the egg between the palms of your hands. This will free the thin, tough skin from the egg and make it easier to peel!

## BEFORE THE NEXT MEETING

Try the omelet or frittata recipe at home using ingredients to suit your tastes. Examples: mushrooms, tomatoes, diced ham, a variety of cheeses, any leftover vegetables.

OR

Have some fun with Eggimals at home! Involve your family and friends. Have each person make his or her favorite animal and serve it as a snack or an appetizer at a meal.

## EGGIMALS EXCITEMENT!

What you need:

Main body - hard-cooked egg

Body parts - for eyes, ears, nose, fins, wings, beak, feet, mouth, legs, tail, or teeth; use celery, cherry tomatoes, cucumber, carrots, corn chips, lettuce, pickles, almonds, raisins, marshmallows, broccoli, cheese chunks, peppers, radishes, chocolate chips, and **YOUR IMAGINATION!**

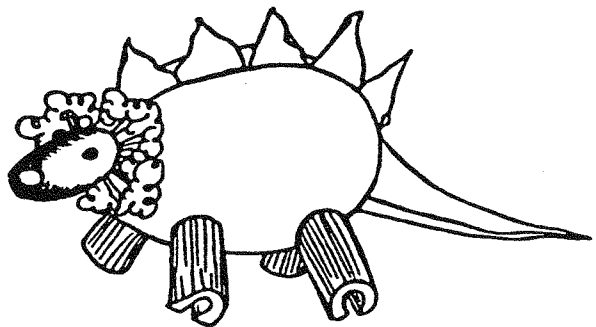
Other tools - toothpicks to hold on parts  
- small sharp knife to cut parts  
- plate to place completed Eggimal  
- a camera (optional)  
- your appetite!

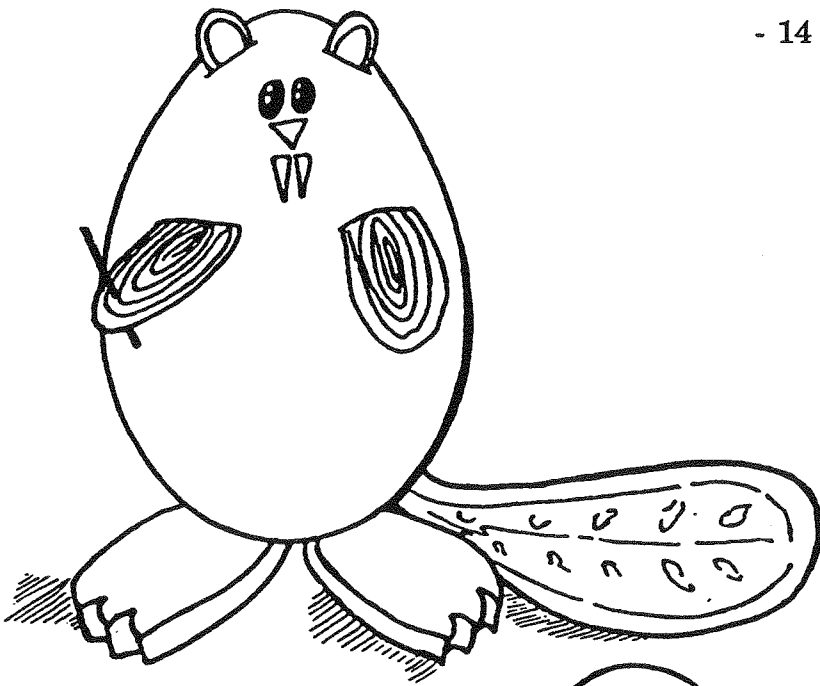
Decide on what eggimal you wish to create and start thinking of a name.

Some examples are: Eggosaurus, Pegguin, Beegever, Pegg, Eggalator, Eggapus.

Here's how to make an Eggosaurus.

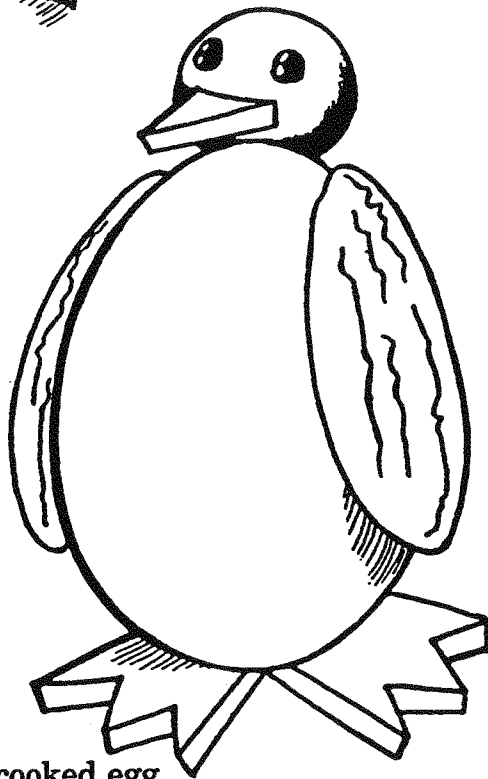
1. Attach an olive for the head using a toothpick to one end of the egg. Dig small eye holes and insert raisins.
2. Surround the head with small broccoli florets.
3. Make a slit down the back and fill in with a row of corn chips.
4. Add celery legs and a long carrot stick tail.





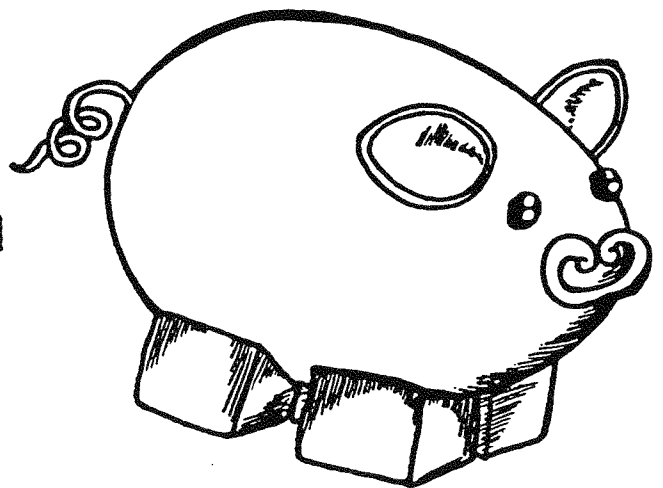
### Beegever

- Body - hard-cooked egg
- Eyes - raisins
- Ears - radish slices
- Nose - cheese
- Teeth - almond slivers
- Paws - whole almonds
- Feet - cheese
- Tail - pickle slice



### Pegguin

- Body - hard-cooked egg
- Head - cherry tomato
- Eyes - raisins
- Beak - cheese
- Feet - cheese
- Wings - pickles



### Pegg

- Body - hard-cooked egg
- Nose - pepper slice
- Eyes - raisins
- Ears - radish slices
- Legs - cheese cubes
- Tail - carrot curl

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○ EGGSTRA ○

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OPTIONAL INFORMATION FOR SENIOR MEMBERS

There are many types of poultry available and different methods of cooking them.

COOKING METHODS

Cooking methods vary with the age of the chicken being prepared. A good rule of thumb is to use dry-heat cooking methods for tender meat and moist-heat cookery for tougher meat. The older the chicken, the less fat and greater connective tissue it has, and as a result, it requires a longer cooking time to tenderize the meat.

DRY-HEAT COOKERY



Includes any method where the meat is cooked without water and with no lid on the pan, so that moisture from the meat can evaporate. Roasting, broiling, pan-broiling, and frying are classed as dry-heat methods for meat cookery. Dry-heat is best suited for tender cuts of meat, such as: broiler/fryer, roaster, and rock cornish hen. The temperature most appropriate for this type of cooking is 160°C (325°F).

**Broiling** - To cook with extreme heat from top oven element.

**Roasting** - To cook foods with hot, dry air.

**Frying** - To cook in hot fat or oil.

MOIST-HEAT COOKERY



Includes any method where the meat is cooked in a covered pot or pan. Water may be added or the meat is cooked in the liquid or steam released from the meat.

Braising, pot-roasting, breading, and cooking in water are moist-heat cookery methods. Less tender cuts of meat, like the stewing hen, are usually prepared this way because it can be cooked long enough to become tender, without becoming dry or scorched. The best temperature for this type of cooking is 100°C or (200°F).



The stewing hen is ideally suited to soup making and stewing because the stronger "chicken" flavor is extracted during cooking. Moist-heat cooking tenderizes the meat and the connective tissue.





**Braising** - To cook covered in a small amount of liquid usually after initial browning.

**Simmering** - To cook in water or other liquid that is bubbling gently. This is first brought to a boil and then the heat turned down to minimum/low.

**Sautéing** - To cook quickly usually in a small amount of fat or liquid.

**Stewing** - To simmer in a small amount of liquid, ingredients usually cut in small pieces, and liquid makes a sauce.

## TYPES OF POULTRY

**Rock Cornish Hen:** is a crossbred chicken that weighs about 0.75 kg (1.5 pounds) or less and is suitable for roasting, baking, broiling, or frying. It is a young chicken, with very tender meat, usually 5-6 weeks old.

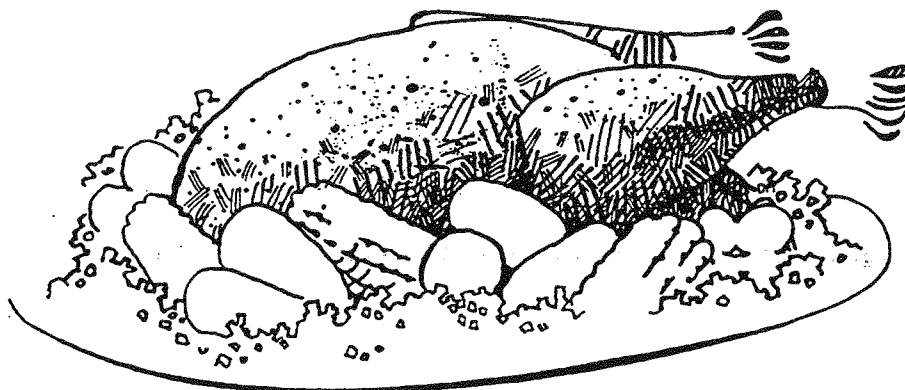
**Broiler/Fryer Chicken:** a young, meaty bird about 7 weeks old that weighs 0.75 kg - 1.6 kg (1.5 - 3.5 lbs.). This all-purpose chicken may be roasted, simmered or sauteed, as successfully as broiled or fried. It is mild flavored and has more fat than larger chickens.

**Roasting Chicken:** about 10 weeks old, weighing 1.6 - 2.2 kg (3.5 - 5 lbs.). A little older and larger than the broiler, this is a very tender chicken as well.

**Stewing Hen:** is a mature chicken (generally a laying hen) about one year old, having tougher meat, less fat and more connective tissue than a younger chicken. As the name implies, this chicken should be prepared using moist-heat cooking methods.

**Capon:** is a young desexed male, bred to give a high proportion of white meat. Generally weighing between 2.2 - 3.7 kg (5 - 8 lbs.), a capon is larger than most chickens. Exceptionally tender, it is best roasted.

**Guinea Hen:** was originally a game bird. The flesh is firm and creamy-white with a slightly pheasant-like flavor. Weighing as much as 1.8 kg (4 lbs.) it is particularly suitable for braising.



# Stock Up

## ROLL CALL

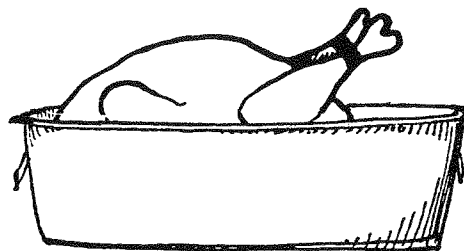
What is your favorite part of a chicken and how do you best like it cooked?

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## GETTING THE WHOLE PICTURE

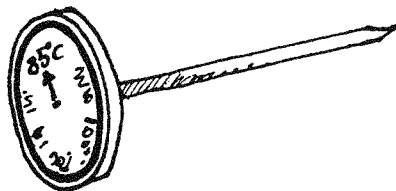
Give your roast chicken a pat on the back for being properly cooked!

Chicken must be cooked thoroughly to make sure it is safe to eat. Yet to keep a moist taste and tender texture of the meat, it should not be overcooked. Roast poultry at 160°C (325°F).



When is a chicken cooked?

This is hard to tell just by looking at it. Use a good meat thermometer to test the inside (internal) meat temperature which should be 85°C (185°F).



Insert the thermometer into the thickest muscle of the inner part of the thigh, away from the bone. Why the thigh? The thigh is the last part of the bird to become fully cooked.

If you don't have a meat thermometer, pierce the bird and try to move one of its legs back and forth. If the juices run clear with no pink tinge and the leg moves freely, the bird is done.

Remember these safety tips for enjoying your roast chicken.

- Serve and refrigerate leftover meat within two hours.
- Remove the meat from the bones, take out the stuffing and refrigerate or freeze each item separately.
- Refrigerated, cooked poultry should be used within three to four days. Frozen, cooked poultry can be kept for up to two months.
- Don't transport cooked poultry long distances unless you have an insulated container to keep it cold.
- Don't use leftover poultry in bagged lunches unless it can be kept cool.
- Discard poultry that has been at room temperature for longer than two hours.

## GETTING STUFFED?

Stuffing must be treated with care. Once it comes in contact with the uncooked meat inside the body cavity, stuffing is a good place for bacteria (germs) to grow.

Keep these pointers in mind when stuffing poultry.

- DO NOT stuff the bird ahead of time. Stuff just prior to being placed in the oven.
- Wash the cavity with cold water, pat dry with paper towel, and lightly stuff.
- The internal temperature of the stuffing should reach 75°C (165°F).
- Remove stuffing immediately when cooking is finished.
- NEVER stuff a bird and freeze it.
- Stuffing can also be cooked in a separate oven-proof dish rather than inside the bird.
- Leftover stuffing may be refrigerated and used within two days or frozen for up to two months.

### **\*EGGSTRORDINARY\***

When buying a bird in the grocery store it will have been eviscerated. Eviscerated means that the internal organs have been removed. Sometimes the liver, gizzard, and heart, along with the neck are returned to the body cavity (so you may find them inside the bird). Be sure to remove them when washing the bird to prepare it for roasting.

## PERISH THE THOUGHT

Here are some questions and answers on the safe handling of poultry.

### FOOD POISONING

**Q.** What is food poisoning?

**A.** Food poisoning is illness generally caused by bacteria found in food. Symptoms include headaches, fever, cramps, nausea, vomiting, and diarrhea, often leading people to mistake food poisoning for a virus or flu.

**Q.** Who is most susceptible to food poisoning?

**A.** Young children, pregnant women, older adults, and people with weakened immune systems are most susceptible.

**Q.** Which foods carry bacteria that cause food poisoning?

**A.** All raw agricultural products could carry bacteria but poultry and other foods from animals are especially troublesome. On poultry, salmonella is the most common bacteria that can cause illness. Other foods can carry bacteria as a result of coming in contact with raw meat and poultry. This is called cross contamination.

**Q.** How can I tell if poultry has salmonella?

**A.** You can't. Bacteria that cause food poisoning are odorless and can only be seen with a microscope. Most raw poultry carries Salmonella bacteria. They grow rapidly given the right conditions. Bacteria like warm temperatures (room temperature), and moist conditions (such as stuffing at room temperature).

### CLEANLINESS

**Q.** I have heard that cleanliness is very important when handling raw poultry, but I'm not sure exactly what that means. How should raw poultry be handled?

**A.** Here are the things you should remember.

- Both before and after touching uncooked poultry, wash your hands with hot, soapy water for a minimum of 20 seconds and rinse well. Don't forget to scrub under your fingernails.
- Once poultry is unwrapped, wash it under clear, cold running water and pat dry.
- Use a non-porous cutting board. Plastic cutting boards are ideal. Avoid wooden or old cutting boards that are difficult to clean.
- Use hot soapy water to wash all utensils, dishes, and surfaces that come in contact with raw chicken. Then rinse in warm water and bleach — 5 mL bleach in 1 L of water. Rinse again in hot water.



- Use clean serving dishes for cooked poultry. Don't reuse plates or marinating bowls that held raw poultry without thoroughly cleaning and sanitizing.
- Cloths or sponges used to wipe up poultry drippings and for cleaning counters should be laundered before being used again.

**Q.** Why do I have to be so careful cleaning the kitchen? Why can't I just wipe off the cutting board or counter?

**A.** Bacteria are difficult to remove. A quick wipe may only move the bacteria around. If the bacteria isn't removed or killed it can easily spread from the board or counter to other food that is placed on it. This cross contamination can lead to food poisoning, especially if the food will not be cooked.

### STORAGE

**Q.** Where and how should I store raw chicken in the refrigerator?

**A.** Store raw poultry in a covered, leak proof container, on a lower shelf of the refrigerator until ready to use. This will stop juices from dripping on other foods. The lower shelf will be the coolest part of the refrigerator. Use within 48 hours, and preferably within 24 hours.

**Q.** The grocery store had a great price on chicken so I stocked up. How should I freeze it?

**A.** Chicken pieces can be frozen in airtight freezer bags or reusable containers. The contents of the bags or containers will depend on what you plan on using the pieces for. Date each package so you will be sure to use it within six months. A whole chicken can be frozen for up to one year. Keep frozen poultry at -18°C.

### THAWING

**Q.** I have always thawed chicken on the counter. Is this the best way to do it?

**A.** Never thaw poultry at room temperature since bacteria multiply quickly — sometimes as much as doubling every 20 minutes. Instead, thaw poultry in its original wrapping in the refrigerator. Place the package inside a large container with sides so that the juices won't drip on other foods. The refrigerator keeps the outer skin cold so that bacteria will not multiply while the inside of the poultry defrosts.

Here are some other thawing pointers.

- It takes 10 hours per kilogram to thaw poultry in the refrigerator. So plan ahead.
- When thawing a whole bird, remove the giblets — heart, gizzard, liver — as soon as possible. Giblets are highly perishable and should be cooked at once.
- In a pinch, poultry can be thawed in an airtight plastic bag immersed in cold water. Change the water often enough to keep the outside of the poultry cold. It will take two hours per kilogram to thaw poultry in this way.

\*\*\*\*\* W A I T \*\*\*\*\*

This meeting is interrupted to bring you a special program. A pilot "Soup" Opera called "Soup's On" will now be shown. The regular program will continue after this, so stay tuned.

## SOUP'S ON

### MAKING CHICKEN STOCK

Chicken soup, stock, broth, bouillon, and consomme are all variations on one great idea. All parts of the chicken and especially the bones are full of flavor which can be extracted by long, slow simmering. Vegetables and herbs can be included for additional flavor, however they will be discarded after the stock has boiled because they give up **ALL** their flavor to the stock. As the stock cools, the fat will rise to the surface where it can be skimmed off and discarded.

So...now what?

Chicken stock, now a flavorful broth, can be served as is or used in numerous recipes like rice pilaf, casseroles, gravies, stir-fried chicken, and of course, clear and cream soups containing pasta, rice, cubed chicken and/or vegetables.

### PLAN AHEAD



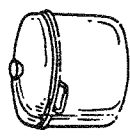


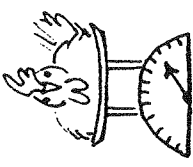
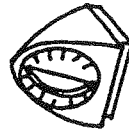
Cooled chicken stock can also be frozen for future use. Measure the stock into plastic freezer containers, freezer bags, mason jars, or ice cube trays.

- Leave 1.2 cm (½") head space to allow the stock to expand on freezing.
- Freeze in recipe-convenient measurements i.e. 250 mL or 500 mL or even 1 L batches for soups.
- Be sure to measure the amount in the ice cube trays as well. These are especially convenient for smaller quantities required in some recipes.
- When ready for use, place frozen stock in a pot, melt at low heat, and bring to a simmer. If using a microwave oven thaw at **MEDIUM (50%)** power until melted, then heat on **HIGH (100%)** power.



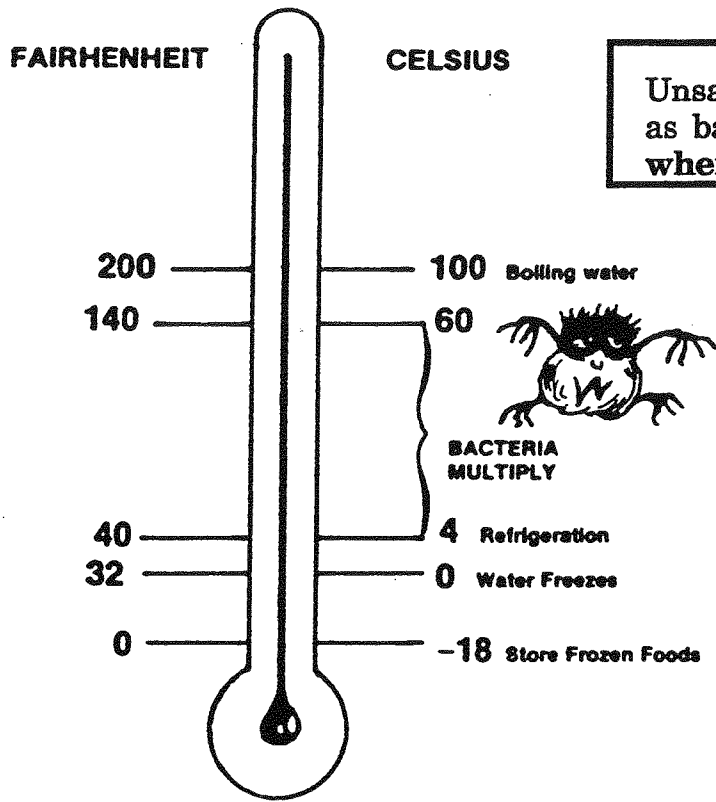
# SAFE STORAGE



<p><b>1</b> Start here</p>	<p><b>14</b> You thawed the chicken by covering the wrapped chicken in cold water and changing the water frequently. This took about 2 hours per kg. Go ahead 2.</p>	<p><b>15</b></p> 	<p><b>28</b></p>
<p><b>2</b> You stored your uncooked poultry in the coldest section of the refrigerator (near back and bottom) for no longer than 2 days. Go ahead 3.</p>	<p><b>13</b> You thawed the chicken in the refrigerator. This took about 10 hours per kg. Go ahead 6.</p>	<p><b>16</b></p>	<p><b>29</b> After cooking your chicken you placed it on a clean plate that was not used for any raw meats. Go ahead 2.</p>
<p><b>3</b></p> 	<p><b>12</b></p>	<p><b>17</b> You could not refreeze your already thawed, uncooked chicken so refrigerated it and cooked it within 48 hours. Go ahead 1.</p>	<p><b>30</b> You quickly froze chicken by putting small amounts in each container and placing them near the freezer walls. This keeps the chicken tender. Go ahead 3.</p>
<p><b>4</b></p>	<p><b>11</b> You washed your hands with hot soapy water before and after handling raw chicken. Go ahead 5.</p>	<p><b>18</b></p> 	<p><b>25</b> You are aware not to let cooked chicken sit at room temperature for more than two hours. Go ahead 3.</p>
<p><b>5</b></p> 	<p><b>10</b></p>	<p><b>19</b></p>	<p><b>31</b></p>
<p><b>6</b> You rinsed, patted dry, and rewrapped the fresh chicken before freezing or refrigerating. Go ahead 3.</p>	<p><b>9</b></p>	<p><b>20</b> You are careful to store your chicken at or below 4°C (40°F) in refrigeration or freezing. Go ahead 4.</p>	<p><b>32</b> You used a freezer bag with a hole. This caused freezer burn resulting in dry, brownish skin and a strong, unpleasant flavor. Go back 1.</p>
<p><b>7</b></p>	<p><b>8</b> You only rinsed your utensils and cutting boards with hot water after cutting raw chicken. You should wash in hot soapy water, rinse in water and bleach, then rinse in hot water. Go back 5.</p>	<p><b>21</b></p>	<p><b>33</b></p>
<p><b>27</b> You stuffed the chicken ahead of time. This can provide a place for bacteria to grow so don't do it. Go back 4.</p>	<p><b>26</b></p> 	<p><b>24</b></p> 	<p><b>22</b></p> 



## TEMPERATURES TO REMEMBER



Unsafe food may give no warning such as bad odor or unpleasant taste. So **when in doubt, throw it out!!**

## CREATIVE CREPES

A crepe is a light, thin, egg-rich pancake. The word is actually French but a crepe is so versatile and cultural that you will find similar foods in other languages.

- Russian - blini
- Mexican - enchilada
- Chinese - egg roll
- Hungarian - palascinta
- Jewish - blintz
- Italian - cannelloni
- Greek - krep

Depending on the filling, it can be an appetizer, a main dish, or a dessert!

## CREPE CUISINE

Crepe batter should be similar to heavy cream in consistency.

Allowing the batter to rest for 1 hour lets the flour absorb moisture and the air bubbles leave, keeping the crepe flat when cooking.

Crepes can be made in advance, stacked with waxed paper between each crepe, wrapped, and refrigerated for a few days or frozen. Reheat to serve with a filling.



## **BEFORE THE NEXT MEETING**

Thrill your family or friends with your new (or renewed) skill of creating crepes. If you feel creative, experiment with a variety of fillings.

**OR**

You could pretend you are the chef at a new restaurant in the neighborhood.

- Create a Menu Selection of crepes for your "customers" (your family or friends!), maybe 2-3 dessert fillings or 1-2 vegetable or meat fillings.
- Be adventuresome, but do not spend all your allowance or pay cheque on this recipe (or your parent's either!).
- Allow them to choose their favorite and you create their selection.
- This could be a unique restaurant where the customers actually help make their selection!

0 EGGSTRA 0

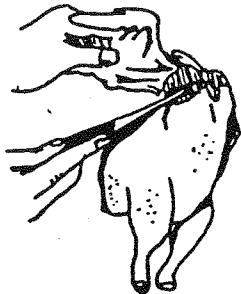
OPTIONAL INFORMATION FOR SENIOR MEMBERS

**CUT IT UP...USE IT ALL!**

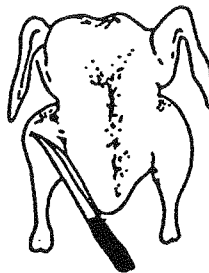
By following the steps below you will end up with 2 breasts, 2 drumsticks, 2 thighs, 2 wings, and 1 back.

Sharpen up! — A very sharp knife is essential for cutting and deboning a chicken. It makes it easier and safer.

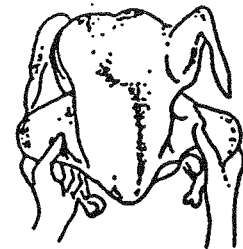
Be sure your hands are thoroughly cleaned with soap and water, and dried before starting. Keep some paper towels or a clean cloth on hand to contain spills.



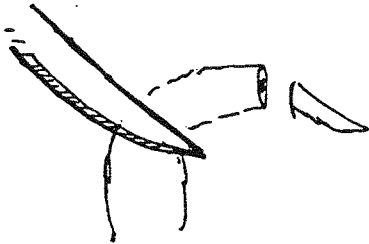
1. Hold the chicken up by the wing tip. Cut around and through the white cartilage of the shoulder joint.



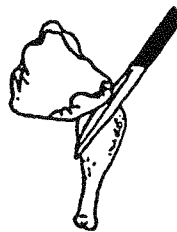
2. Cut around the hip joint through the skin only.



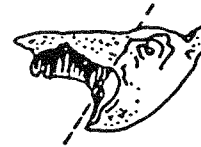
3. Press legs out and down until white cartilage of the hip joint is visible. Cut through the joint.



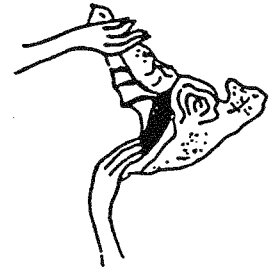
4. Remove the outer wing tip at the joint. Cut the remaining piece in two by cutting through the thickest part first.



5. Note the line of fat on the inside of the "knee" joint. Cut through at this point to separate the drumstick from the thigh.



6. Cut through the cartilage which is located at the mid-point of each rib. Break off back as shown. Cut out neck.



7. Cut through the wish bone. Bend back breast in order to "pop up" the keel bone. Pull out keel bone. Cut breast in half.



# 'Eggs'perimenting With Eggs

## ROLL CALL

Name one product or recipe that has eggs as an ingredient, yet where you do not actually taste the eggs.

\*\*\*\*\*

## 'EGGS'ACTLY WHAT IS AN EGG?

### WHAT TO LOOK FOR

#### **White or Albumen**

- has 2 layers - thick and thin - fresh eggs have thicker whites

#### **Yolk**

- actually has layers of colors but appears to be a single color

#### **Shell**

- a perfect package! - looks solid but has 6000-8000 tiny pores or openings that can absorb odors or smells

#### **Chalazas**

- twisted, rope-like cords on either side of the yolk to keep it centred

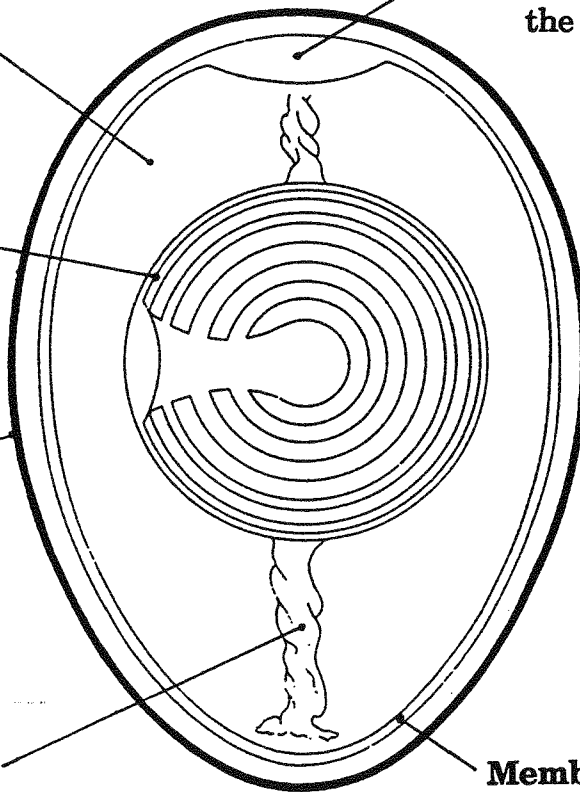
### WHAT YOU CAN'T SEE

#### **Air Cell**

- the fresher the egg, the smaller the air cell

#### **Membranes**

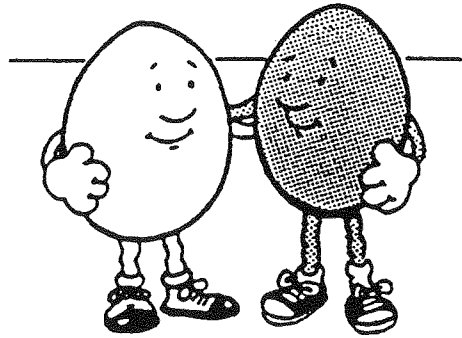
- helps to keep the egg fresh



## DON'T JUDGE AN EGG BY ITS COLOR

### BROWN OR WHITE SHELL?

- No difference in taste, quality, nutrition, or cooking. Simply different breeds of hens lay different colored eggs.



### PALE OR DARK YOLKS?

- No problem. The yolk color depends on the diet of the hen. Hens eating wheat lay eggs with light yellow yolks while hens eating corn or alfalfa meal lay eggs with darker yellow yolks.

### HOW WHITE SHOULD THE EGG WHITE BE?

- Egg white does not appear white until it is beaten or cooked. A hint of yellow or greenish coloring may indicate the presence of the vitamin riboflavin. A very, fresh egg has a cloudy raw white due to the presence of carbon dioxide that has not escaped through the shell.

## THE TWO-SECOND FRESHNESS TEST

Place 2 eggs in a dish of water and observe which one floats higher.

The higher floater will be the older egg. It has a larger air sac than the fresh egg because its yolk and whites have started to dry up. Cook the older egg first!

Freshness of an egg can be judged when it is broken out onto a flat surface. In a fresh egg, the white is thick and the yolk stands up nicely. As the egg ages, the white becomes watery and the yolk flattens.

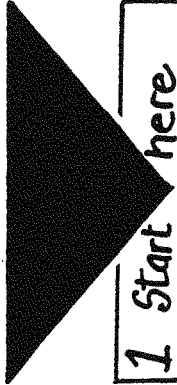
Fresh egg

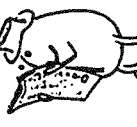




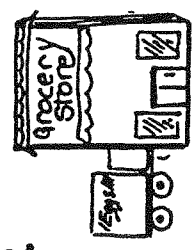




Old egg



# SAFE STORAGE



<p><b>1</b> Start here</p>	<p><b>14</b> You were careful to wash and sanitize equipment, work areas, and utensils after preparing foods made with eggs. Go ahead 2.</p>	<p><b>15</b> You purchased cracked eggs, reduced to clear. Cracks can allow harmful bacteria to enter the egg and cause contamination. Go back 2.</p>	<p><b>28</b> You washed the eggs before storing. This removed the protective coating, (bloom) which prevents odors, molds, and bacteria from entering and moisture from escaping the egg shell. Go back 1.</p>
<p><b>2</b> You remembered to keep the eggs in their carton in the refrigerator to avoid moisture loss and odor absorption. Go ahead 4.</p>	<p><b>13</b> You were careful to wash and sanitize equipment, work areas, and utensils after preparing foods made with eggs. Go ahead 2.</p>	<p><b>16</b> You purchased cracked eggs, reduced to clear. Cracks can allow harmful bacteria to enter the egg and cause contamination. Go back 2.</p>	<p><b>29</b> You used your refrigerated, hard-cooked eggs within 5-7 days. Go ahead 2.</p>
<p><b>3</b></p>	<p><b>12</b></p> 	<p><b>17</b> You accidentally cracked an egg. Use it within 2 days in dishes that are thoroughly cooked — cakes, cookies or casseroles. Do not use in meringues, egg nogs, uncooked sauces, or icings. Go back 3.</p>	<p><b>30</b></p> 
<p><b>4</b></p> 	<p><b>11</b> You were preparing a recipe using eggs, but your eggs were left at room temperature for more than 2 hours. Go back 5.</p>	<p><b>18</b></p> 	<p><b>31</b></p>
<p><b>5</b> You made eggnog and served it to your grandmother. The elderly should not eat raw egg. Go back 2.</p>	<p><b>10</b></p> 	<p><b>23</b> You used frozen eggs within 4 months. Go ahead 2.</p>	<p><b>32</b></p> 
<p><b>6</b></p> 	<p><b>9</b></p>	<p><b>22</b></p> 	<p><b>33</b> You forgot to store your eggs large end up to keep the yolk centered. Go back 1.</p>
<p><b>7</b> You checked the best before date on your carton of eggs. Go ahead 5.</p>	<p><b>8</b> You remembered that egg dishes should be refrigerated below 4°C (40°F) or kept warm above 60°C (140°F). Go ahead 2.</p>	<p><b>20</b> You stored your eggs in their carton on a refrigerator shelf instead of on door, where vibrations and temperature changes affect them. This will keep them fresh longer. Go ahead 5.</p>	<p><b>21</b></p>

### WARM UP TO THE IDEA OF FREEZING

Freeze extra egg white in ice cube trays for easy measuring and faster thawing. The egg yolk by itself has a problem in freezing because it would turn to a gel-like substance.

- for yolks to be used in main dish recipes stir in 0.5 mL salt per 50 mL of egg yolks (4 yolks)
- for yolks to be used in dessert recipes stir in 2 mL sugar or corn syrup per 50 mL egg yolks

You can also beat whole eggs and freeze them. Be sure to label the number of whole eggs, yolks, or whites you freeze in each bag or ice cube tray. Also include the date. They can be frozen for up to 4 months.

### THAWING

Thaw eggs overnight in the refrigerator or under running, cold water.

Use yolks and whole eggs as soon as possible after thawing.

Egg whites that have been frozen should sit at room temperature for 30 minutes prior to beating.

### **\*EGGSTRAORDINARY\***

It is said... that each pleat in a chef's hat stands for a different way of preparing eggs.

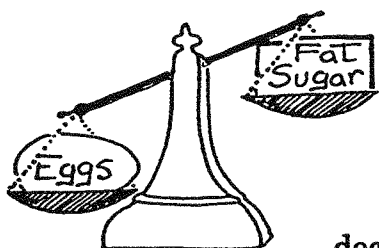
### EGG ROLES

Eggs not only stand alone as a nutritious protein source, but also are essential in performing various functions as supporting ingredients in food preparation and baking.

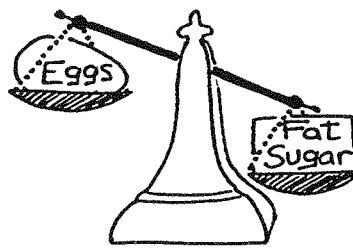
### BINDING

The protein in eggs when heated, coagulates or forms a jelly-like substance to give structure to baked products like cakes, and to hold the other ingredients together as in Canadian Country Pie, meatballs, and meatloaf.

In recipe development, the balance of eggs, sugar, and fats (shortening, butter, oil, margarine) is very important.



decreases binding  
= product falls  
apart



increases binding  
= toughness,  
chewiness

## EMULSIFYING

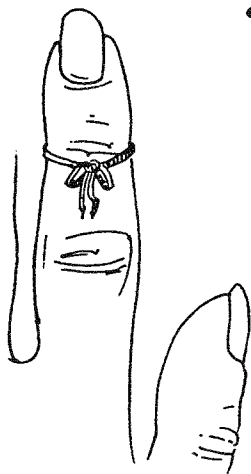
Egg yolks have fat droplets or globules in them which help to produce smooth batters, and in turn give greater volume in the finished baked product. An emulsifier blends and holds tiny, tiny droplets of one substance with another. In mayonnaise the egg yolks act as the emulsifier with the oil, to keep the mixture blended for a longer period of time.

**REGARDING RAW EGGS** - there is much research into the effects of eating raw eggs or lightly cooked eggs with regards to a potential contamination of a bacteria called Salmonella, leading to food poisoning. Most raw foods have the potential of causing Salmonella food poisoning, but raw eggs are especially so.

To clear up this point here are the most recent facts.

- Using only properly refrigerated, clean, firm-shelled, fresh, Grade AA or A eggs is extremely important and essential.
- Don't take a risk. If the egg does not clearly display the above qualities, then discard it.
- The risk is greater for those who are pregnant, elderly, or very young and those with medical problems who have weakened immune systems. These people should avoid all foods that contain raw eggs such as homemade Caesar salad dressing, eggnog, homemade mayonnaise.

### REMEMBER: WASH



- your hands with hot, soapy water immediately before and after food preparation.

### SANITIZE\*

- all utensils, equipment, and work areas after food preparation and washing.
- never reuse a container or utensil used for a raw egg mixture until washed and sanitized.

### REFRIGERATE

- eggs in their carton at or below 4°C (40°F).
- do not keep eggs out of the refrigerator for over 2 hours.

\*Sanitize using a mild bleach and water solution. There should be a distinct smell of bleach in the water.

## LEAVENING

Beating eggs adds air in tiny cells or bubbles. In the batter of some baked products, the extra air expands when heated and causes the product to rise or leaven. Leavening is displayed particularly when folding already beaten egg whites into a batter such as an angel food cake, but can also be seen in food such as peanut butter brownies.

## THICKENING

Thickening is similar to binding where the product like pudding or custard becomes thicker with the addition of egg yolks, whole eggs, or even egg whites. The liquids such as milk or cream in the recipe thicken when heated because of the coagulation (forming a jelly-like substance) of the eggs. When eggs are being combined with a hot mixture, stir a little of the hot mixture into the beaten eggs to warm them, then stir the warmed mixture into the remaining hot mixture.

### OR

Gradually stir the hot mixture into the egg mixture, but stirring constantly. These cooking techniques will prevent curdling (lumpiness) of the egg mixture.

Eggs may replace starch thickeners in sauces.

1 whole egg OR 2 yolks OR 2 egg whites  
replaces  
15 mL flour or 10 mL cornstarch

Eggs also add:

- Flavor
- Nutritional value
- Color - from the yolks to doughs, puddings, and batters
- Moisture - whole eggs are 70% water
  - egg whites about 86% water
  - egg yolks about 49% water
  - therefore eggs add to the total liquid amounts in a recipe.

## BEFORE THE NEXT MEETING

Review the basic food science you learned about in the roles of eggs in cooking, by trying a recipe at home. What role did eggs play in the recipe you tried?



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0 EGGSTRA 0

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OPTIONAL INFORMATION FOR SENIOR MEMBERS

**FOOD SCIENCE PRINCIPLES AND INGREDIENTS**

Many different ingredients can be used in recipes. Each one will have some affect on the outcome of the recipe. Here are some common ingredients and what you can expect them to do.

**Sugar**

- adds sweetness and flavor
- creates tenderness and a fine texture
- gives color
- retains moisture
- acts as creaming agent with fats

**Baking Soda**

- otherwise called sodium bicarbonate
- with moisture and acid it releases carbon dioxide gas which leavens the product
- acids may be: honey, molasses, buttermilk, fruit, cocoa, and chocolate
- the gas is released faster with heat
- must be baked at once to act with leavening reaction

**Baking Powder**

- is a mixture of baking soda and acid already mixed
  - more versatile because acid is already present
  - acts as leavening agent
  - double-acting - releases some gas when cold but requires heat for complete reaction
- vs
- single-acting - requires only moisture to release gas and must be baked immediately

**Salt**

- seasoning and flavor enhancer
- improves texture of breads by making the gluten structure more stretchable

**Vanilla**

- extract is a flavorful oil dissolved in alcohol
- can be natural or artificial
- artificial flavorings should be used in moderation to avoid strong or undesirable flavors in baked items
- natural flavorings give best flavor but are often more expensive

### Herbs/Spices

- always used in small quantities
- most popular are cinnamon, nutmeg, cloves, ginger, caraway, allspice, and poppy seed

### Cocoa

- high in starch so act like flour
- a dry powder that remains after part of the cocoa butter is removed from chocolate liquor

### Yeast

- a living organism, sensitive to temperatures
- has leavening action and adds flavor
- evaporates completely during and immediately after baking

# Stir Crazy Nutrition

## ROLL CALL

Name one spice, meat, or vegetable that could be cooked with either a stir-fried chicken recipe or scrambled eggs.

OR

What information have you seen or heard about cholesterol? And where did you see or hear the information?

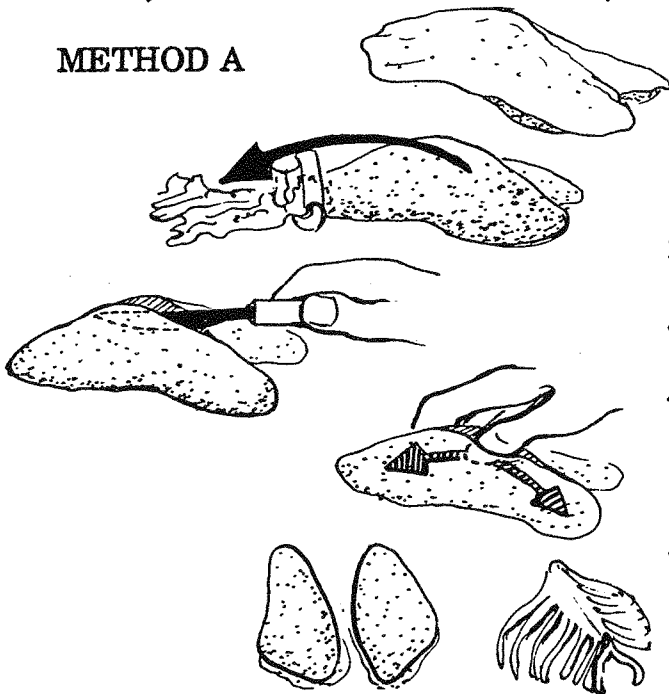
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## DEBONING... "WISH"FULLY!

### TWO METHODS FOR DEBONING A CHICKEN BREAST

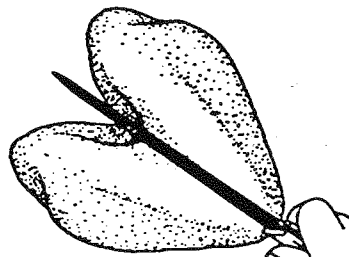
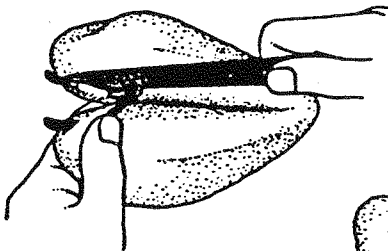
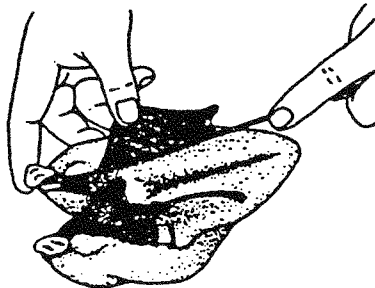
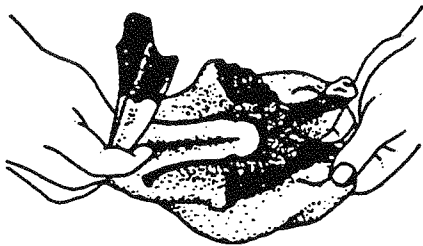
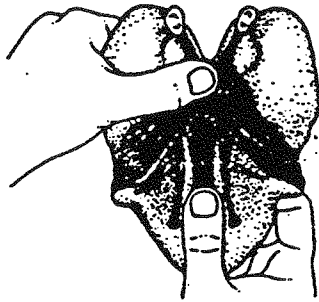
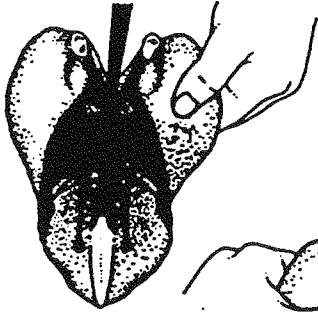
No matter which method you choose, safety is the order of the day. If you don't often use a sharp knife ask for some experienced help in doing the steps that need cutting. Remember to clean up properly when finished — wash in hot soapy water, use a water and bleach rinse, and a hot water rinse.

#### METHOD A



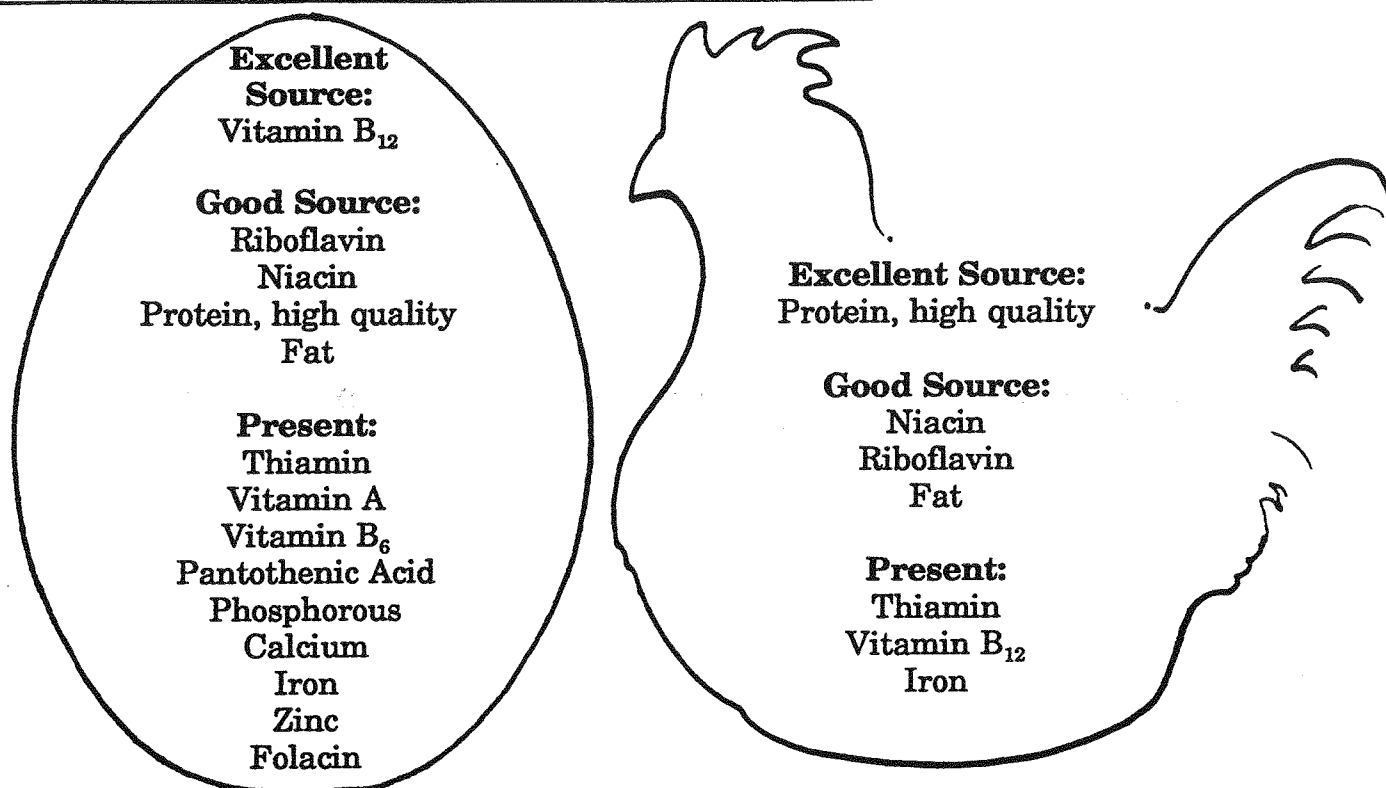
1. Place the chicken breast skin side up on a cutting board.
2. Remove the skin from the breast.
3. Cut down each side of the breastbone.
4. Using your thumb to run along the smooth edge of the breastbone, separate the flesh.
5. The wishbone will remain with the ribs and breast bone, which all can be cooked for chicken stock. You should have two chicken breasts, fairly close in size, to use in your recipes.

## METHOD B



1. Place chicken breast skin side down on a cutting board. Cut through the thin membrane and expose the breastbone and thick white cartilage.
  2. Pick up the chicken breast and place one thumb on the tip end of the breastbone and the other at the end of the rib cage. Bend breast back with both hands until the breastbone breaks.
  3. Using a sharp knife cut down the side of the breastbone and cartilage, then gently pry them out.
  4. Remove the ribs by one of the following.
    - a) Insert a knife under the long rib. Resting the knife against the bone, scrape the meat away from the bones. Cut away the rib, sever and remove shoulder joint by carefully following the contour of the bones.
- OR**
- b) Use your fingers and thumb to separate the flesh from the ribs. Repeat on the other side of the breast.
5. With your fingers, locate the wishbone beneath the flesh. Carefully cut away the surrounding flesh and pull out the wishbone.
6. Lay the chicken breast flat and cut in half. Trim off any fat, membrane, or tendons if necessary. You should have two chicken breasts to use in your recipes. The bones can be used for making chicken stock.

## NUTRITION AT A GLANCE: CHICKEN AND EGGS



Chicken and eggs are also easily digested and are low in salt. They have moderate values in calories and fat. But remember that calories and fat are also affected by the cooking method used.

## DON'T CHICKEN OUT WHEN IT COMES TO NUTRITION

What do the key nutrients found in chicken and eggs really do for us?

- Protein**
- builds and repairs body tissues
  - helps to fight infection
- Thiamin**
- gives us energy, helps us grow, and have a normal appetite
  - helps our digestive and nervous systems
- Riboflavin**
- maintains healthy skin and eyes
  - gives energy to our body for normal functions
  - helps our nervous system
- Iron**
- helps in transporting oxygen in and carbon dioxide out of our blood
- Niacin**
- helps our normal growth and development
  - helps our digestive and nervous systems
- Vitamin B<sub>12</sub>**
- helps to maintain healthy blood
- Fat**
- source of energy
  - carrier for fat soluble vitamins - A, D, E, and K
  - protects and insulates body parts, a lining for nerve cells

**CHEW THE FAT ABOUT CHICKEN**

The fat in chicken is found in the skin and directly below the skin. By removing the skin and excess fat of the poultry before cooking, you can reduce or lessen the amount of fat you eat. In addition to the lower fat content of chicken, the low sodium content also makes it a good Healthier Eating choice. (You will learn more about Healthier Eating in the next section.)

**So...What's All This Talk About...Cholesterol, Nutrition, Physical Activity, Healthier Eating?**

- Cholesterol is:
- essential to human health;
  - a waxy odorless substance; and
  - can be made by every cell in our body, but mostly by our liver.

<b>BLOOD CHOLESTEROL</b>	80%	20%
	Produced in body	Food we eat (Animal origin)

- For most people in normal health, cholesterol from their food has little effect on the level of cholesterol in their blood, because the liver will produce less if you have eaten more.

Doctors get concerned when people have too much cholesterol in their blood because it increases their risk of heart disease.

Here are some other things that increase your risk of developing heart disease.

- Family history of heart disease
  - Being male
  - High blood pressure
  - Diabetes
  - Smoking
  - Lack of exercise
  - Excess body weight
  - High fat/low fiber diet
  - Too much stress
- Some of these factors can be controlled such as smoking, exercise, and diet, while others cannot, such as family history, diabetes, and sex.
  - If a person has 2 or more RISK FACTORS, he or she should see a doctor.
  - If a person's blood cholesterol is normal and he or she is healthy, there is no need to totally cut out eggs or any other cholesterol-containing foods. This could in fact affect the person's intake of important nutrients to stay healthy.
  - The two most important eating changes for maintaining healthy blood cholesterol are reducing total fat consumption and eating more fiber.

The Eggstra section for this meeting has more information on risk factors.

**\*EGGSTRAORDINARY\***

**BE A WISE SHOPPER.** Don't be fooled by "cholesterol free" claims. Although the claim may be true, some foods never had cholesterol in the first place. Others may be cholesterol free but very high in fat. And remember: fat is what you should cut back on.

**CANADA'S GUIDELINES FOR HEALTHY EATING**

The following recommendations should be followed to increase and maintain a healthier lifestyle for Canadians.

- Enjoy a variety of foods.
- Emphasize cereals, breads, other grain products, vegetables, and fruits.
- Choose low-fat dairy products, lean meats, and foods prepared with little or no fat.
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- Limit salt, alcohol, and caffeine.

Source: Department of National Health and Welfare, 1990

**BEFORE THE NEXT MEETING**

1. Carry out a survey with your family and friends about cholesterol. Find out what they know, what they have heard, and what they would like to know. Share with them what you have learned at this meeting.

**OR**

2. Rate your family's Foodstyle with the accompanying checklist.









Ask the questions from page 40 and put the results on a separate sheet of paper.

## RATE YOUR FOODSTYLE!

Let's see how you are doing.



Check the box in each category that describes you best.

	EXCELLENT SCORE 3 FOR EACH CHECK	GOOD SCORE 2 FOR EACH CHECK	FAIR SCORE 1 FOR EACH CHECK	POOR SCORE 0 FOR EACH CHECK 
<b>DIET VARIETY</b>	<input type="checkbox"/> Daily eat a wide variety of foods (meats, meat alternates, breads, cereals, fruits, vegetables, milk, and milk products).	<input type="checkbox"/> Eat a variety of foods (meats, meat alternates, breads, cereals, fruits, vegetables, milk and milk products) over a weekly period.	<input type="checkbox"/> Eat a limited variety of foods, and rarely try new foods.	<input type="checkbox"/> Often miss eating one type of food (fruits, vegetables, meats, milk, milk products, breads, cereals).
<b>FAT</b> 	<input type="checkbox"/> Eat fish, poultry, lean meat, legumes; use lower fat products.	<input type="checkbox"/> Think about hidden fats present in your food and reduce their intake. (Mayonnaise, animal oils, processed foods).	<input type="checkbox"/> Trim visible fat from meats; use whole milk products and fried foods sometimes.	<input type="checkbox"/> Often eat fatty cold cuts, fried food, whole milk and processed food.
<b>SUGAR</b> 	<input type="checkbox"/> Do not add sugars to food and eat sweets rarely.	<input type="checkbox"/> Have sweets, soft drinks and sugar occasionally.	<input type="checkbox"/> Have sweets, soft drinks or sugar at least once/day.	<input type="checkbox"/> Have real sweet tooth and eat cakes, soft drinks and sweets daily.
<b>SALT</b> 	<input type="checkbox"/> Avoid salty foods and no salt added to food.	<input type="checkbox"/> Use salt in cooking and occasionally add salt at table.	<input type="checkbox"/> Eat salty snacks and usually add salt at table.	<input type="checkbox"/> Love salty snacks and add salt to food before tasting it.
<b>FIBRE</b> 	<input type="checkbox"/> Choose whole grain breads and cereals; fresh fruits and vegetables daily.	<input type="checkbox"/> Eat one serving per day of whole grain breads or cereals OR fresh fruits or vegetables.	<input type="checkbox"/> Eat vegetables, fruits and whole grain products several times a week.	<input type="checkbox"/> Use white bread and processed cereals; eat very few fruits and vegetables.
<b>ALCOHOL</b> 	<input type="checkbox"/> Drink rarely or not at all.	<input type="checkbox"/> 2-3 times per week.	<input type="checkbox"/> 1-2 drinks per day.	<input type="checkbox"/> More than 3-4 drinks per day.
<b>PHYSICAL ACTIVITY</b>	<input type="checkbox"/> Vigorous exercise or brisk walk 4 or more times a week.	<input type="checkbox"/> Vigorous exercise or brisk walk 3 times a week.	<input type="checkbox"/> Exercise 1-2 times a week, when you think of it.	<input type="checkbox"/> Rarely have vigorous exercise.
<b>WEIGHT</b> 	<input type="checkbox"/> Comfortable, healthy weight.	<input type="checkbox"/> Healthy, but could lose or gain 5-10 lbs and feel even better.	<input type="checkbox"/> 11-20 pounds overweight or underweight.	<input type="checkbox"/> More than 20 pounds overweight or underweight.



**HEALTHIER EATING...IT'S YOUR CHOICE**

**RATE YOUR FOODSTYLE - HOW DID YOU SCORE?**

- 20-24 points**      **WOW! Congratulations! Your Healthier Eating style should be a model for family and friends. Keep it going.**
- 15-19 points**      **You are in the right style and aware of Healthier eating habits. Review any ratings where you could improve and keep thinking HEALTHY!**
- 10-14 points**      **You may be a bit off track with your Healthier Livingstyle. Update your food choices by working on your lower ratings. Set goals and ask for support from family and friends.**
- 9 points or less**      **It is important that you checked your FOODSTYLE and it shows you are interested in Healthier Living. You will need to improve your health habits. Ask professionals, family, or friends for help.**

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○ EGGSTRA ○

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OPTIONAL INFORMATION FOR SENIOR MEMBERS

**HEALTHIER EATING**

When trying to select a healthy foodstyle here are some things to keep in mind.

**DIET VARIETY** No single food contains all the essential nutrients for the body and health. Eating a variety of fruits, vegetables, meats or meat alternates, breads and cereals, and milk and milk products each day, will give you the essential nutrients.

**FAT** Excessive fat intake increases a person's risk of heart disease and obesity. Fat can be decreased in a person's diet by eating leaner meats, poultry (skin removed), fish, legumes, removing visible fat, and choosing lower fat milk and milk products and salad dressings.

**SUGAR** Too much sugar may cause tooth decay. Watch for hidden sugars in many products such as processed foods.

**SALT** Adding little or no salt during cooking or at the table, and avoiding salty foods and foods processed with salt, will help to lower sodium in a person's diet. Excessive sodium may contribute to high blood pressure in some people.

**FIBER** Higher fiber foods such as fruits, vegetables, whole grain breads and cereals, nuts, seeds, dried peas, and beans, help maintain normal digestion by adding bulk to the diet.

**ALCOHOL** Alcoholic beverages are high in calories and low in nutrients. Alcohol in excess may cause changes or damages in a person's physical, mental, emotional, and social well-being.

**PHYSICAL ACTIVITY** Physical activity is very important in good health and weight. The activity should be regular, active, and FUN!

**WEIGHT** A healthy weight is important to good health. A person should feel comfortable with his or her weight and it should not be causing unhealthy side effects.

## CHOLESTEROL

### TYPES

Once in the blood, cholesterol combines with protein so it can travel in the bloodstream. The combination of cholesterol and protein is called a Lipoprotein.

The so-called "good" type of cholesterol is a High Density Lipoprotein (HDL). It picks up cholesterol and takes it back to the liver for removal from the body. Low Density Lipoprotein (LDL) is the "bad" type of cholesterol. An excess of LDL may result in fatty deposits on your artery walls, allowing less blood through.

Along with the overall blood cholesterol level, the ratio of good (HDL) cholesterol to bad (LDL) cholesterol is an important factor of heart health.

### RISK FACTORS

- **Family History** - This is the single most important factor determining the type (HDL or LDL) and level of cholesterol in your blood. Be aware of the health history of your parents and grandparents.
- **Age and Sex** - Risk increases as we grow older. Men are more likely to suffer from effects of high blood cholesterol levels than pre-menopausal women.
- **High Blood Pressure** - can be related to salt intake, obesity, alcohol abuse, many other causes. Consult your doctor on what dietary and lifestyle changes are needed to help reduce blood pressure.
- **Smoking** - Non-smokers have been proven to have generally higher levels of HDL (good) cholesterol, so quit smoking.
- **Lack of Exercise** - Regular aerobic exercise can increase the production of HDL (good) cholesterol. Try to exercise for 30 minutes, 3 times a week. Each time make your heart beat faster for at least 15 minutes. Check with your doctor before starting any new fitness program.
- **Excess Body Weight** - For people who are above a healthy weight, losing excess pounds is known to increase the level of HDL (good) cholesterol. The best method of weight reduction is to follow Canada's Guidelines for Healthy Eating, reducing your serving portions, while increasing your exercise level. Avoid fad diets.
- **High Fat/Low Fiber Diet** - For most people it is fat, rather than dietary cholesterol, which has the greatest impact on blood cholesterol levels. Fat accounts for about 40% of the average Canadian's calorie intake. Reduce this to not more than 30%. (This does not apply to infants under two years old.)

Certain types of fiber have been shown to reduce plaque formation on artery walls and to help lower blood cholesterol levels. Choose a variety of fiber-rich foods (wholegrains, beans, lentils, pectin-containing fruits) to help keep blood cholesterol levels healthy.

# 'Wave It and White It!

## ROLL CALL

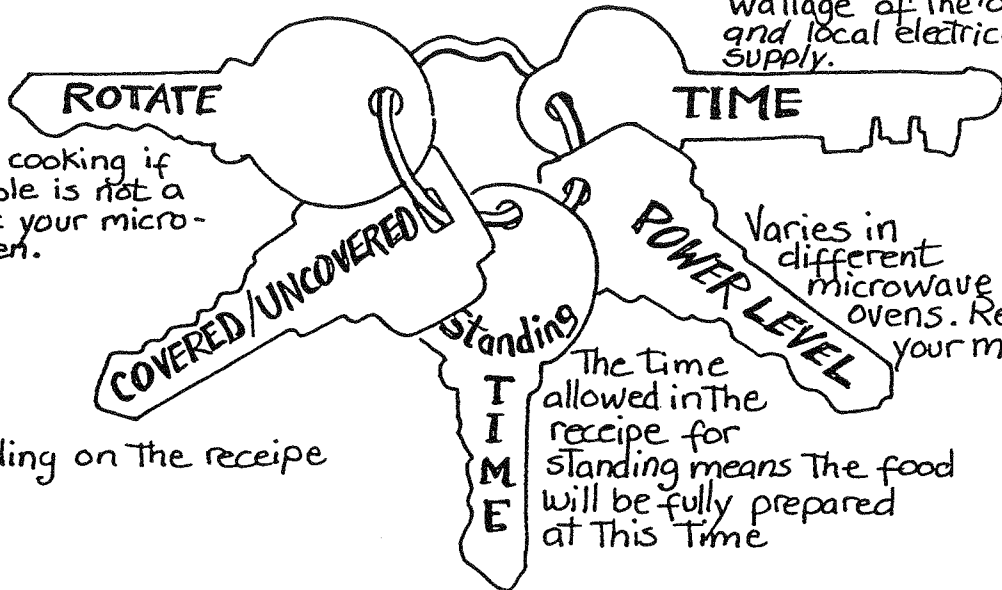
Give an important tip on microwave cooking, separating egg whites and yolks, or beating egg whites.

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## MICROWAVE MOMENTS

### KEY TIPS

For even cooking if a turntable is not a feature of your microwave oven.



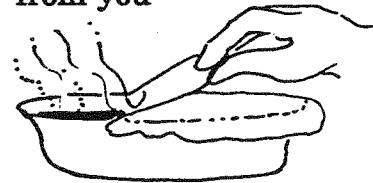
Depending on the recipe

## SAFETY

Hot! - use oven mitts or potholders



Steam! - open vented wrap away from you



Metal - DO NOT USE in the microwave oven



Seal - never completely seal your cookware

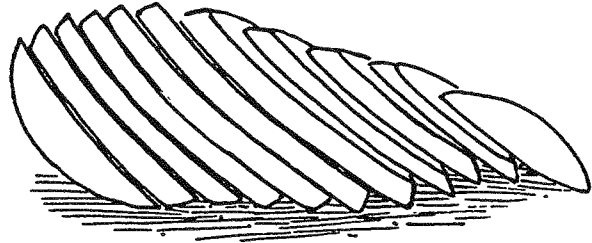


## QUICK'N THE CHICK'N . . . . AND EGGS!

Microwaves are becoming more and more popular with families and individuals. There are also ways to lessen the meal time preparation and cooking for conventional methods as well.

Prior to storing chicken pieces from either cutting a whole chicken or purchasing fresh chicken already cut, cook it by simmering in water with vegetables and herbs as for stock. Cool it quickly by spreading it on baking sheets, let chicken sit for 5 minutes, then refrigerate for further cooling, and package for the freezer in convenient sizes. Thaw the precooked chicken, heat in your favorite sauce; baste with barbecue sauce to broil or barbecue; or cut up the meat for soups, casseroles, or salads with vegetables or fruits. This meat will be exceptionally moist plus you will have a rich flavorful stock.

Why not keep a few hard-cooked eggs in the refrigerator? Use them for garnishing salads or atop a casserole.



### **\*EGGSTRAORDINARY\***

To slice an egg smoothly, dip the knife in water before slicing.

Do you have frozen chicken stock? Be sure to bring it out to make soup, especially for those cool fall days or winter blizzards.

If you purchase chicken pieces, take an extra moment to debone the breast and cut up the meat into strips for stir-fries or chicken fingers.

Always have a dozen eggs in the refrigerator for unexpected baking needs and for making a nutritious breakfast, lunch, dinner, or snack.

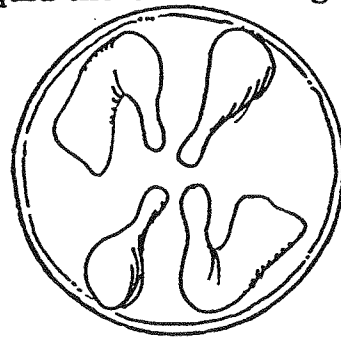
## HURRIED CHICKEN

Chicken is particularly suited to the fast and moist method of microwave cookery.

- Defrosting
- remove chicken from styrofoam tray as the tray acts as an insulator and slows the defrosting process
  - rearrange chicken parts as they thaw and remove pieces when they are almost thawed
  - cooking will begin on moist areas even if ice is still present in other pieces
  - chicken should be completely thawed for more even cooking

## Cooking

- remove any juices as they gather; reserve them if you wish for sauce or gravy
- the microwaves are attracted to the liquid therefore causing uneven cooking
- chicken parts should be arranged in a "spokewheel" pattern with the thicker, meatier pieces toward the outside of the pan, and the thinner, bonier pieces toward the inside
- follow each individual recipe for cooking time and power level, or any other special instructions
- a whole chicken cooked in the microwave requires a longer standing time, than other meats, for heat to reach the center of chicken; to insure more even cooking use a vented roasting bag
- **do not cook stuffed birds in the microwave**

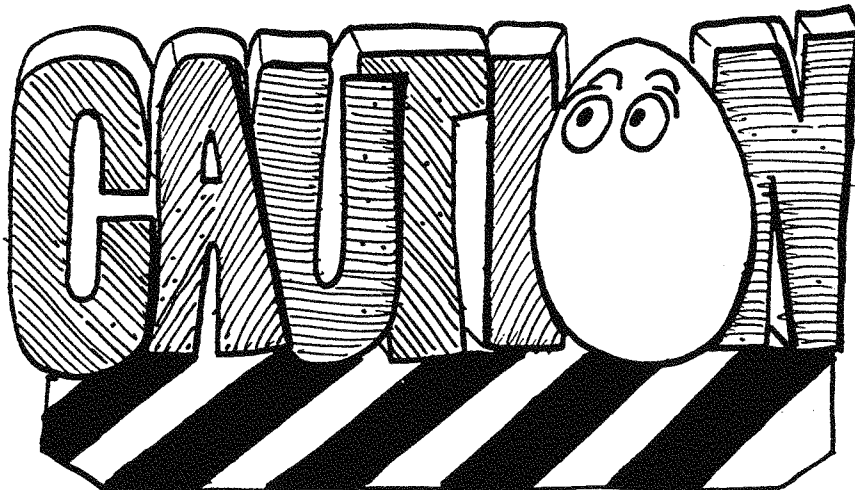


## 'EGGS'PERIENCE YOUR MICROWAVE

Always keep in mind the **KEYS** of microwave cooking.

The secret to creating tender and tasty egg dishes has always been **GENTLE HEAT** whether it be in a conventional oven, on the stove top, or in the microwave oven. Most microwave ovens have variable power levels and it is desirable to use a **MEDIUM (50%)** level for many egg dishes. By using a lower power level you reduce the chance of overcooking and the amount of stirring and rotating.

Most recipes give you a cooking time range which depends on the wattage of the microwave oven. It is best to set your cooking time for the shortest time given in the recipe, check for doneness, and then add cooking time in small intervals, as necessary.



**EXTREME CAUTION \* \* \* BEWARE \* \* EXPLOSIVES \* \* DANGER**

Whole eggs will explode in the microwave due to the parts in the egg expanding at different rates. If microwaving egg dishes with whole egg yolks, be sure to gently pierce the yolk's membrane with a fork prior to cooking.

**EGG WHITE ----- EGG YOLK**  
**----- SEPARATION -----**

Eggs have different purposes in cooking and baking. Egg whites contain more protein which creates the volume when the whites are beaten. Egg yolks contain less protein and more fat. The fat from the yolk does not allow the high volume in the beaten egg whites, so sometimes the yolk and white need to be separated — as in meringues.

Here are the simple HOW-TOs of separating egg whites and yolks.

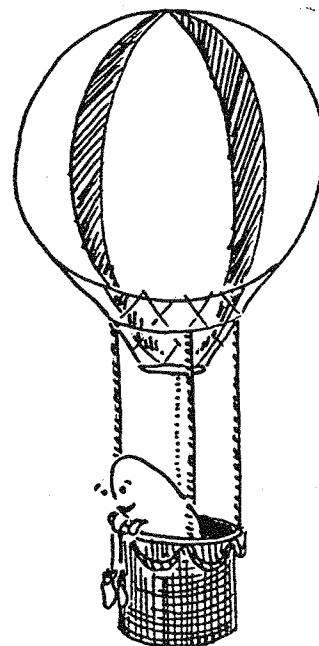
- Separate the eggs while still cold.
- Have 2 bowls (at least one glass mixing bowl for the whites if making meringue) and a smaller bowl or custard cup ready.
- Each egg will be separated into the smaller bowl or cup first to help avoid any egg yolk getting in with all the whites.
- Tap the egg sharply at its center with a knife or on the custard cup. Hold the egg upright and lift off the upper shell half. Some of the egg white will run into the custard cup. Pass the yolk back and forth between the two shells without breaking it until all of the white is in the cup. Transfer the white into the glass bowl and place the yolk in the other bowl. Continue with remaining eggs.
- If part of the yolk should break in with the white, reserve that egg for another purpose. If only a small amount of yolk gets into the white, scoop it out with a spoon. Be sure to not have any yolk in with the whites as they will not whip up as well.

Remember, this will become easier with practice, but you may also get some HELP from a kitchen gadget called an egg separator. Most separators have a cuplike center for the yolk to sit in and the white will drop through the slots into the bowl beneath.

**UP...UP.....UP.....AND...?**

AWAY? Well, not quite.

When beaten, egg whites form a foam in which the air bubbles become smaller and smaller. Each tiny bubble is stretched tighter and tighter. If beating continues the bubbles will burst and the foam will start to collapse. Egg whites beaten to a foam can be very effective as a leavener, as well as being a nutritious addition, when used properly in a batter. Baking or heating allow the bubbles in the foam to expand further causing the baked product to lighten and rise.



**\*EGGSTRAORDINARY\***

Egg whites can be beaten to six times their volume!

The ideal time to stop beating the egg whites before they collapse, is when they are "stiff but not dry". What does this mean?

Under-beaten	Stiff but not dry	Over-beaten
partly shiny moist no peaks slides easily in bowl	shiny, white moist, foamy firm peaks, still soft, elastic moves easily in bowl	dull dry, lumpy starts to collapse stiff, does not move

HELPFUL HINTS

After separating the eggs, let whites stand at room temperature about 30 minutes before beating to increase their volume when beaten. Eggs in their shell can be brought to room temperature quickly if placed in a bowl of lukewarm water.

Beaters and bowls used must be perfectly clean and free from any oil or fat. Plastic bowls absorb fat, therefore only glass or metal bowls should be used.

Narrow, deep bowls are best for whipping egg whites to more easily pick up the mass of whites while beating in the air. If using a whisk, a shallower bowl is necessary to allow room for the beating stroke.

MARVELOUS MERINGUE

MERINGUE = BEATEN EGG WHITES + SUGAR

SOFT MERINGUES
Used as topping for pies, puddings, and Baked Alaska. ***** Egg whites and sugar (1 egg white + 15 to 30 mL sugar) beaten into soft shape and baked briefly in hot oven. Sugar helps stability before and after baking.

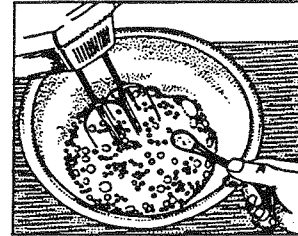
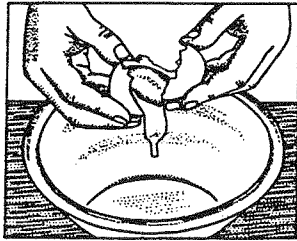
HARD MERINGUES
Used as cookies or shells, pie crusts, baskets, or fancy designs and filled with fruit or custard or pudding. ***** Egg whites and sugar (1 egg white + 60 mL sugar) beaten together, shaped and baked in a slow oven to a hard, dry finish.

ITALIAN MERINGUES
Used mostly as cake frosting. ***** Boiled sugar syrup beaten into stiffly beaten egg whites.

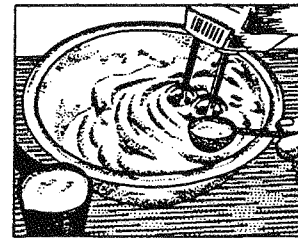
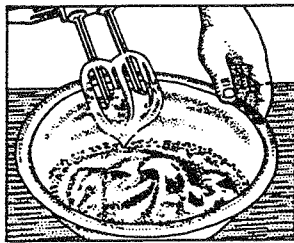


## THE HOW TO

1. Separate the eggs and let the whites stand at room temperature for about 30 minutes.
2. In a large, glass or metal mixing bowl, beat egg whites until frothy.



3. Add 1 mL of cream of tartar (gives extra stability) for every 2 egg whites. Continue beating until whites form soft peaks.
4. Gradually add sugar, 15 mL at a time, beating constantly until sugar is dissolved and whites hold stiff, glossy peaks. (Use the lesser amount of sugar for a less sweet taste.) Beat in 1 mL of vanilla for each egg white.



5. Soft meringues usually require 15-30 mL per 1 egg white, and hard meringues require 60 mL per 1 egg white.

## BEFORE THE NEXT MEETING

1. Treat your family or friends to Alaska Baked Bounty. Come up with your own favorite cake base and ice cream flavors.

**OR**

2. Search for a recipe using egg whites or meringue. Examples: Lemon Meringue Pie, Macaroons, Angel Food Cake. Add it to your recipe file for future reference. Prepare a recipe if you feel like experimenting!

**OR**

3. Try a chicken or egg recipe in the microwave. Either try one from the Recipe Supplement or one you found elsewhere.

**EGGSTRA**

**OPTIONAL INFORMATION FOR SENIOR MEMBERS**

Many recipes now have instructions for cooking in both a conventional and microwave oven. The major differences occur in the cooking time, amount of liquid, type of cookware, and whether the recipe is cooked covered or uncovered.

The following information gives examples of the differences to note in comparing conventional with microwave cooking.

Recipe Name: Curried Chicken

Differences	Microwave	Conventional
Cooking Time	18 minutes (total)	34 minutes (total)
Amount of liquid	same	same
Cookware	2 L microwave casserole	medium saucepan
Covered/uncovered	covered	uncovered
Temperature	high and medium	medium-low
Other	liquid may not decrease as much as desired	

Recipe Name: Omelet

Differences	Microwave	Conventional
Cooking Time	3-4 minutes	6 minutes
Amount of liquid	same	same
Cookware	shallow casserole	skillet
Covered/uncovered	uncovered	uncovered
Temperature	medium-high	medium-low
Other		

Recipe Name: Baked Custard

Differences	Microwave	Conventional
Cooking Time	14-16 minutes	45 minutes
Amount of liquid	same	same
Cookware	microwave-safe custard cups or casserole	- custard cups or small casserole - additional pan for boiling water
Covered/uncovered	uncovered custard cups covered casserole	uncovered
Temperature	high and low	180°C (350°F)
Other	cooked in circular pattern in microwave	baked in pan of boiling water in the oven

# What's Left?

## ROLL CALL

Suggest a use for the "leftovers" from eggs - egg shells, egg cartons.

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## FUN AND FAST FOODS

Name a few of your all-time favorite foods.

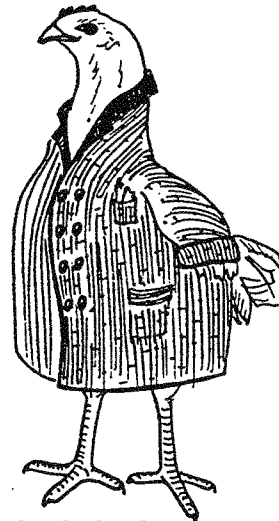
Do any of these happen to contain chicken or eggs?

If yes, that is great, and if no, that is great too - at least you have some favorite foods!

Fun foods should look appetizing (make you hungry!) be fairly easy to prepare and of course, taste GRRRR.....E...E.....AT!

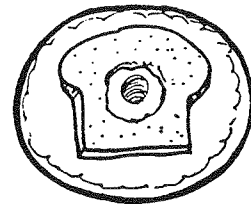
## COATINGS

Coating chicken pieces with either a dry or wet mixture is easily done in a plastic bag. Simply place or pour the mixture in a bag, twist the top tightly in your hand, hold on and shake (but not too hard or you could have a mess!). Remove the pieces and wow. Look at how even the coating covers the chicken.



## LEFTOVER CHICKEN?

Chicken is so versatile that leftovers are a cinch. Cooked chicken is great in sandwiches, rice or vegetable casseroles, or salads like tossed, caesar, or with fruit. Don't throw out any leftover, cooked chicken — refrigerate for up to 3-4 days, or freeze immediately for 1-3 months at or below a temperature of -18°C (0°F).



## BREAKFAST FUN

Simple egg with toast made fun as a "Toad in the Hole".

1. Cut a circle in a slice of bread and lightly spread both sides with butter or margarine.
2. Place the bread in a non-stick frypan or electric frypan on medium heat.
3. Break an egg into the hole in the bread and cook until the white is not runny.
4. Flip the "Toad" over and cook on the other side, but not as long as the first side.

You may choose to break the yolk or leave it whole.



## EGGSTRA...EGGSTRA...YOLKS AND WHITES

What should you do with either extra egg whites from a recipe just calling for yolks or extra yolks from a recipe just calling for egg whites?

### YOLKS

- Cook them right away and use as a garnish for an egg dish or salad.

Hard cook the yolks by:

- placing them in a single layer in a saucepan
- covering them with 2 cm of water
- bringing them just to a boil
- removing them from the heat, and
- let stand, covered in the hot water for 15 minutes.

They can be stored in a sealed container for up to 4-5 days.

- Cover raw egg yolks with enough water to make them float (= 2 cm). Store in a tightly sealed container, refrigerate and use them within a day or two in well-cooked dishes.
- Yolks will give flavor, tenderness, richness, nutrients, and yellow color to whatever dish they are added to.
- Suggested uses:
  - Custards
  - Meat Loaf
  - Mayonnaise
  - Hollandaise Sauce
  - Omelets
  - Mashed Potatoes
  - Sponge Cakes
  - Sauces and Soups

## WHITES

- Raw egg whites can be placed in a covered container and refrigerated or frozen. If refrigerated use within a day or two. Whites will lighten the color and firm the texture of whatever dish they are added to.
- Suggested uses: Angel Food Cake  
Boiled Frostings  
Macaroon Cookies  
Sherbet  
Meringues  
Souffles  
Pie Crust (brushed on bottom crust prevents sogginess)

## JUDGING EGGS

### WHAT DOES A "GOOD" EGG LOOK LIKE?

#### OUTSIDE

- Shell - shape - no bumps or ridges (looks like an egg!); all uniform in shape
- quality - smooth, fine-textured, thick not thin
  - cleanliness - no stains (these might not be washed yet)
  - cracks - none
  - size - all uniform in size within group

#### INSIDE

- Yolk - round, yellow-orange, well-centred, stands up well
- no blood spots upon opening or candling

- Albumen (white) - reasonably firm, not runny - normally measured in height called Haugh Units (the higher the Unit the better the quality)

- Air cell - if detected in your candling method; should be no more than 0.5 cm deep

#### **\*EGGSTRAORDINARY\***

Candling is a process where each egg is held individually before a bright light. The interior of the egg can then be observed. The proportion of thick white, the size of the air cell, and the shape of the yolk are evaluated.

## EGG "POINT"ERS

What you see: (70 points)

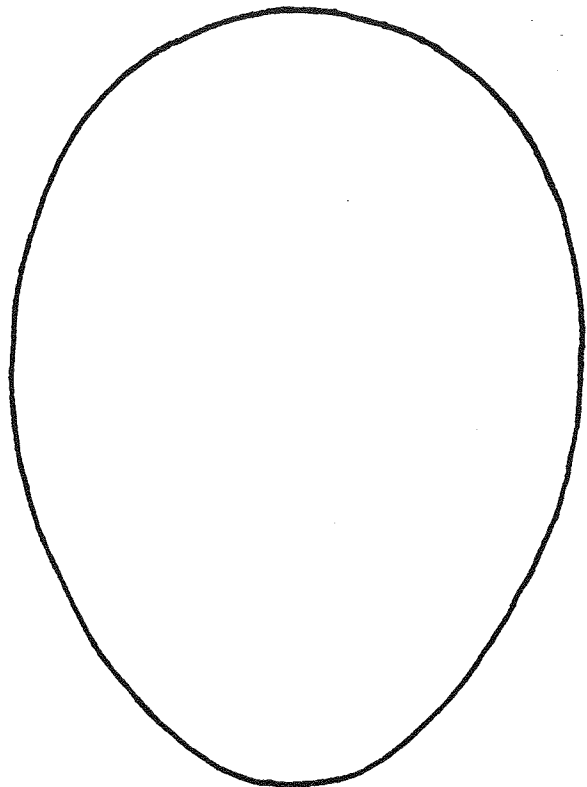
-uniform size	20 points
-uniform shell color	10 points
-no stains or dirt on shell	10 points
-uniform egg shape	20 points
-smooth texture of shell	10 points

The inside story: (30 points)

-no blood spots	10 points
-no cracks in shell	10 points
-well-centred yolk	10 points

---

TOTAL 100 points



## HOW TO JUDGE

1. Picture the "ideal" egg in your mind.
2. Look at each egg quickly first. Then come back and look more carefully at each egg. As a rule of thumb, your first impression is often correct, since you have mentally compared it to the "ideal" egg in your mind. The more careful look may pick out something you missed at a glance.
3. Compare each egg to the "ideal" and with one another. Some characteristics are more important than others.
4. Decide on your placings. Write them in your chosen order, for example, 2, 4, 3, 1. (Number two group would be your first choice.)

## CRAFTY CRAFTS WITH EGGS

(Resource used: The Amazing Egg Book, Margaret Griffin and Deborah Seed, KIDS CAN PRESS LTD, Toronto.)

## EGGSHELLS - FOOD FOR PLANTS?

Gardeners galore use eggshells to fertilize the soil. The shells rich in calcium carbonate are good for the soil because they neutralize some of the acids in the soil. Certain flowers and vegetables prefer a low-acid soil so why not feed them a snack of crumbled shells. Bonus - they are environmentally friendly!

## EGGSHELL PLANT POTS

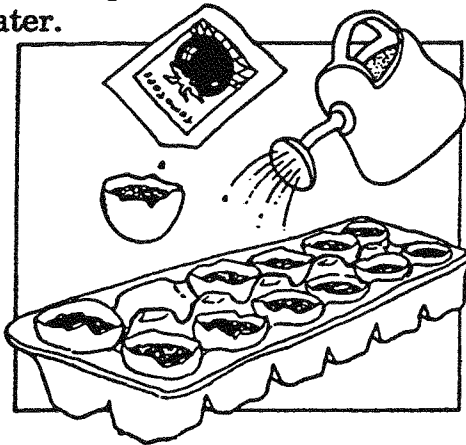
It is always fascinating to watch seeds grow into plants, so watch closer as you make your own mini-greenhouse.

You'll need:

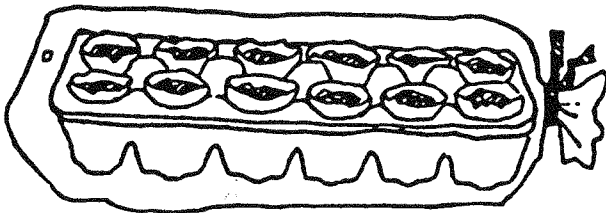
- half eggshells
- potting soil
- an egg carton (cardboard)
- seeds (tomato, petunia, nasturtium or ask your local gardening center for suggestions on types of indoor-starting plants)
- clear plastic bag and bag tie.

### METHOD

1. Fill the eggshells with soil and place them in the carton.
2. Plant a couple of seeds in each pot and sprinkle them with water.



3. Cover the carton with the plastic bag to form a mini-greenhouse. Tie the bag leaving a small hole at the end to let the fresh air in. Water droplets will collect on the inside of the bag, keeping the interior moist.



4. Remove the plastic bag when the seedlings are 6-7 cm (2-3 inches) high.
5. Put the carton beside a sunny window. Poke some holes in the eggshells and plant them in larger flower pots or in the garden, depending on the season. As the eggshells decompose, they will fertilize the seedlings.





## "EGGS"QUISITE EGG DYES

Try this for fun around Easter or simply for variation in hard-cooked eggs. Here is what you'll need.

- 1 saucepan (not aluminum)
- 3 clear plastic glasses or jars
- coffee sticks or spoons
- 500 mL shredded red cabbage
- vinegar or lemon juice
- 2 mL baking soda
- cheesecloth (optional)
- vegetable oil (optional)
- hard-cooked eggs

### METHOD

1. Put the cabbage in the pan and add enough water to cover the pieces. Put on the lid and bring the water to a boil over medium heat. Reduce the heat and let the mixture simmer for half an hour. Let the pan cool.
2. Divide the cabbage liquid evenly among the three containers.
3. Slowly add a few drops of vinegar or lemon juice to one glass - one drop at a time.

What happens?

Adding vinegar or lemon juice makes the solution more acidic.

4. Sprinkle the baking soda into the second glass of cabbage water. The baking soda makes the water more alkaline, or less acidic.

What color do you get this time?

5. To dye the hard-cooked eggs place them in the liquid. The longer they sit in the dye, the darker the color will be. Remove the eggs and let them air dry.
6. To make your eggs look marbled, wrap the egg with shredded cabbage in a piece of cheesecloth and fasten. Boil this package in clear water for about 10 minutes. If you want green spots, sprinkle on some baking soda before unwrapping the egg. To make it shine, wipe with vegetable oil.

## THE EGG BLOW OUT

You'll need:

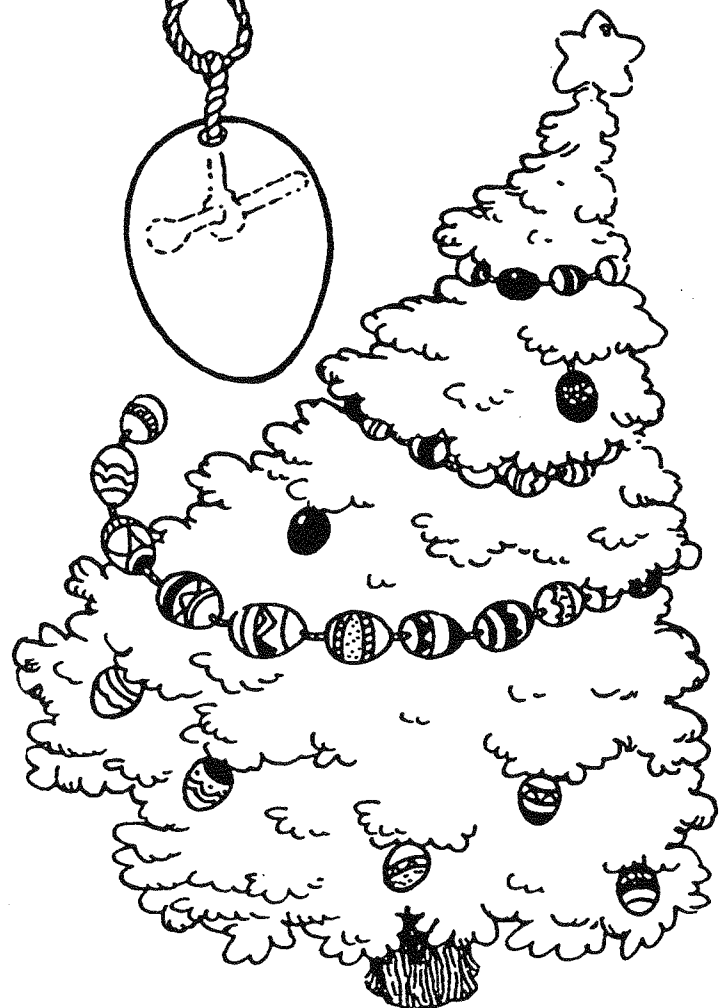
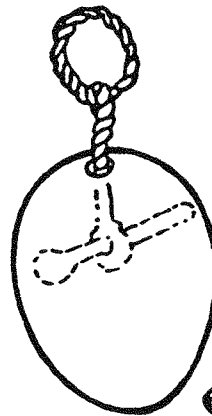
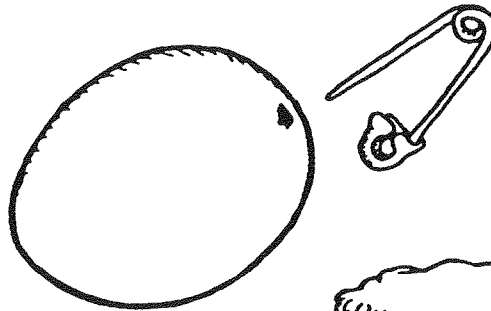
- a raw egg
- a safety pin or small nail
- a small container with a lid.

### METHOD

1. With a safety pin or a small nail, poke a hole through the top and bottom of the egg, and inside to break the membrane. Make the hole slightly larger in the broad end.
2. Hold the egg over a container. Now blow through the smaller hole. Keep your mouth closed around the hole so that no air escapes. (If nothing happens, you need to make the holes slightly bigger.)
3. Once all the yolk and white have dropped into the container, put the lid on and place it in the refrigerator. You can use the egg yolk and white as a leftover!

The shell can be decorated or dyed and used for hanging decorations, garlands or basket arrangements. For a hanging decoration; tie colorful string or yarn to a toothpick and insert the toothpick into the hole in the eggshell, cut the string to length and tie a loop in the end. To make a garland or chain; take a dozen or more of the eggs and string them together on a piece of brightly colored wool, and drape them on a tree or across a window.

When you are finished with the shells they could be composted in a garden or flowerbed.



**EGGSTRA**

**OPTIONAL INFORMATION FOR SENIOR MEMBERS**

1. Be a "Chef de Cuisine" by designing a new coating recipe for wings or drumsticks.

**INGREDIENTS**

**METHOD**

**OR**

2. Go to a local grocery store and find out prices for commercially available coatings for chicken, and what their ingredients are. If possible, estimate the cost of making your own coating and compare results.

Product	Ingredients	Cost per package	Cost per serving

**RECIPES MADE AT HOME**

<b>RECIPE</b>	<b>COMMENTS FROM FAMILY AND FRIENDS</b>	<b>MY COMMENTS</b>

# PROJECT SUMMARY - CHICKEN AND EGGS

## A. Member Comments:

1. What did you gain from taking this project?

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2. Which meeting or topic was the most/least interesting? Why?

Most: \_\_\_\_\_

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Least: \_\_\_\_\_

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3. Comment and/or give suggestions for improvements on the overall project (eg. activities, tours, achievement program plans, member presentations, special activities, judging information).

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4. What interests would you like to explore through future 4-H projects?

---

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B. Parent/Guardian Comments: \_\_\_\_\_

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---

C. Leader Comments: \_\_\_\_\_

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This project has been completed satisfactorily.

Member \_\_\_\_\_ Leader \_\_\_\_\_

Date \_\_\_\_\_ Leader \_\_\_\_\_

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# Recipe Booklet

	PAGE
<u>COOKING BASICS</u> .....	R2
<u>"CHICKING" OUT THE "EGG"CITEMENT!</u>	
Soft and Hard-cooked Eggs .....	R5
Devilled Eggs .....	R6
Mexican Scramble .....	R7
Italian Frittata .....	R9
<u>STOCK UP</u>	
Roast Chicken with Savoury Dressing .....	R10
Chicken Stock .....	R11
Chicken Noodle Soup .....	R13
Basic Crepes .....	R14
Creamy Chicken and Mushroom Filling .....	R16
Luscious Lemon Dessert Filling .....	R18
<u>"EGGS"PERIMENTING WITH EGGS</u>	
Canadian Country Pie .....	R19
Fruit Salad with Honey Lime Dressing .....	R20
Good Old Peanut Butter Brownies .....	R21
Peanut Butter Icing .....	R22
<u>STIR CRAZY NUTRITION</u>	
Parmesan Chicken Fingers .....	R23
Sweet and Sour Dipping Sauce .....	R24
Chicken, Apple, Almond Stir-Fry .....	R25
Chili Chicken .....	R27
<u>WAVE IT AND WHITE IT!</u>	
Chicken Cordon Bleu .....	R29
Micro-Barbecued Chicken Legs .....	R30
Alaska Baked Bounty .....	R32
<u>WHAT'S LEFT?</u>	
Homemade Chicken Coating .....	R34
Crispy Baked Chicken .....	R35
Wild West Wings .....	R36
Paté .....	R37
Deli Chicken Salad .....	R38



All microwave recipes were tested in a microwave oven that operates on 700 watts. Microwave cooking times are approximate since microwave oven wattage varies according to the manufacturer.

## COOKING BASICS

Cooking is fun! It's exciting working with food, trying a recipe, and seeing the results. Half of the fun comes in tasting your creation. Then, there is a special happiness in serving your creation to family and friends.



### BEFORE YOU BEGIN

- ✓ Check with the grown-ups in your home to see if it is a good time to be making a recipe.
- ✓ Roll up your sleeves. Put on an apron to keep your clothes clean. Remove rings and bracelets. Wash hands well with soap and water. If your hair is long, pull it back so it doesn't get in your way or in the food.
- ✓ Make sure the kitchen is clean and tidy. It isn't a healthy idea to be working in and around dirty dishes or leftover food.
- ✓ Some cooks find it helpful to get out a tray, measuring cups and spoons, and a metal spatula or table knife for levelling the ingredients you measure.

### READ THE RECIPE

- ✓ Read and re-read the recipe before you begin to make sure you are completely familiar with the ingredients and equipment required, and the procedures.
- ✓ Prepare all the ingredients and get out the equipment listed in the recipe. Place on a tray. Then, when the tray is empty, you'll know you haven't left anything out of the recipe.
- ✓ Some cooks find it helpful to check off the steps in the recipe as they complete them.

### EVEN GREAT COOKS NEED HELP

- ✓ Many chefs need help to make recipes. It's a good idea to have an experienced cook around to help you. That person may be able to answer questions and help with certain equipment or procedures (like food processors or hot pans). Steps or recipes where help from an experienced cook would be useful are marked .
- ✓ In many recipes, the microwave oven can be used. Steps in the recipes where microwave ovens will be useful are marked .

### SAFETY MAKES SENSE

- ✓ When heating on the range top, be sure to turn handles toward the middle so they won't catch on anything and tip over.
- ✓ Keep pot holders and hot pads handy. Make sure they are thick and dry. Wet holders won't protect you from heat! Make it a habit to set hot pans on a hot pad, wooden cutting board, or cooling rack. Never set a hot pan on a table or counter top.
- ✓ Be sure to turn the mixer off before scraping the sides of the bowl so that the scraper won't get caught in the blades. Unplug mixer whenever beaters are put in or taken out. Use dry hands. Remember to grasp the plug, not the cord and pull straight out.
- ✓ Be careful with sharp knives. Pick up a knife by its handle. Use a cutting board when cutting and chopping food. Take care washing, drying, and storing knives.

### THE BEST COOKS ARE CLEAN COOKS

- ✓ Clean up as you go along. Keep a damp cloth handy to wipe up spills as they happen.
- ✓ Put away ingredients such as butter, eggs, and milk as you finish with them.
- ✓ Rinse dishes as you go along. Cold water usually works best. If you have a dishwasher, load it with rinsed bowls and cutlery as you finish.
- ✓ Finish washing and drying equipment. Put it away. Wash counters. Wipe off range top and wipe inside of microwave oven if you used it.
- ✓ Leave the kitchen clean and tidy.

### TEMPERATURE REPLACEMENT VALUES

60°C-140°F	140°C-275°F	200°C-400°F	270°C-525°F
70°C-150°F	150°C-300°F	220°C-425°F	290°C-550°F
80°C-170°F	160°C-325°F	230°C-450°F	
100°C-200°F	180°C-350°F	240°C-475°F	
120°C-250°F	190°C-375°F	260°C-500°F	

### IN THE MICROWAVE

Microwave power levels are given as percentages. Refer to the owner's manual to see how the percentages relate to high, medium-high, medium, etc. power levels on the microwave you will be using.



## MEASURE MAGIC

Accurate measuring of the recipe ingredients is very important for the final results. Master these techniques. Then, cooking becomes easy!

### CHILLED FATS AND SHORTENING

Use the water displacement method. If you need 100 mL of fat, fill a liquid measure with cold water to the 150 mL mark. Then add chilled fat until the water reaches the 250 mL mark. Pour off the water and you will have 100 mL of fat.

### FLOUR, POWDERED AND GRANULATED SUGAR

Choose the dry measure that holds the required amount. Pile the ingredient lightly into the measure using a spoon. Then, level it off over the canister or container, using the flat edge of a table knife or spatula.

### BROWN SUGAR AND SOFTENED FATS

Fill the correct dry measure with brown sugar. Using the back of a hard spoon, pack down until the measure is full. Level with the back of a knife or spatula. To get the brown sugar out, run a table knife around the inside of the cup. Turn upside down over the mixing bowl. The sugar should fall out. Softened fats like butter or shortening can also be measured in this way.

### BAKING POWDER AND BAKING SODA

Stir contents, fill a small measure to heaping and level off with spatula or table knife.

### SALT AND SPICES

Pour or spoon into small measure over the container or a piece of wax paper. Level off. Return excess to the container. If opening is large enough, dip measure into container. Take out a heaping measure. Level off using the straight edge of the opening on the container.

### LIQUIDS

Use a clear glass measure for amounts of 50 mL or more. Fill to mark required. Place measure on the counter and bend down to eye level as you pour the liquid. For small amounts of liquid such as oil, use the small measures. Hold measure over small container. Pour from the bottle until measure is full.

Following these BAKING BASICS will mean happy, healthy and delicious results.

**HAPPY COOKING!**

## SOFT AND HARD-COOKED EGGS

Perfect soft or hard-cooked eggs take just a little practice. Soft-cooked eggs are a great way to start the day while hard-cooked eggs make your lunch "EGGciting". Add egg slices to sandwiches, salads, or casseroles. Keep some handy in the refrigerator for a quick snack.

**Ingredients:**

4 eggs  
water

**Yield:** 4 eggs

**Cooking Time:** 6-8 min. soft-cooked  
20-25 min. hard-cooked

**Note:** Use the shorter time for medium eggs and the longer time for large and extra-large eggs.

**Equipment:**

small saucepan with lid  
spoon

1. **Read and understand the recipe.**
2. **Fill** saucepan with enough water to eventually cover at least 2.5 cm above eggs. Check to see if you have enough water by placing an egg in the saucepan. Remove the egg and bring water to a boil.
3. **Pierce** egg shells at large end with a pin to prevent shell from cracking while cooking. Using a spoon, gently lower into boiling water.
4. **Remove** the saucepan from the heat. Cover tightly.
5. **Allow** eggs to stand, covered, in the hot water until cooked as desired. See times above.
6. **Plunge** cooked eggs immediately into cold, icy water to stop further cooking — just a few seconds for soft-cooked, and until completely cooled for hard-cooked.

## DEVILLED EGGS

Brighten a picnic lunch with golden devilled eggs. Great for parties, too. But remember the golden rule for keeping perishable foods like this safe and healthy...**keep cold foods COLD!** Take the eggs to the picnic in an insulated container.

### Ingredients:

4 hard-cooked eggs  
30 mL mayonnaise OR low fat,  
plain yogurt  
2 mL prepared mustard  
1 mL salt  
dash pepper

Garnish: paprika  
fresh parsley or dill  
olive slices

**Yield:** 8 devilled eggs

**Time:** 15 - 20 min.

### Equipment:

sharp knife and cutting board  
food processor or blender or small  
bowl, fork  
small measures  
rubber spatula  
pastry/icing tube or small spoon

1. **Read and understand the recipe.**
2. **Remove shells from eggs. Cut eggs in half lengthwise. Remove yolks and place in a small bowl. (If you are preparing a larger quantity of eggs, place yolks in a food processor or blender.)**
3. **Add mayonnaise or yogurt, mustard, salt and pepper.**
4. **Stir with fork in small bowl until as smooth as possible. (Process or blend large quantities.)**
5. **Refill egg white halves with yolk mixture. Use a small spoon or fill pastry/icing tube with filling mixture and pipe into halves for an attractive presentation.**
6. **Garnish as desired with a sprinkling of paprika or a sprig of parsley or dill or an olive slice.**
7. **Refrigerate until serving time.**

## MEXICAN SCRAMBLE

Dress up scrambled eggs with Mexican food favorites. Serve scrambled egg mixture in lettuce lined taco shells, topped with shredded cheese, or sour cream. For a tasty snack or light meal accompaniment, spoon scrambled egg mixture on nacho chips and add favorite toppings.

### Ingredients:

30 mL butter  
1 small tomato, finely chopped  
50 mL green pepper, finely chopped  
50 mL green onion, finely chopped  
15 mL canned green chilies,  
chopped and drained  
(optional)  
dash cumin (optional)  
6 eggs  
30 mL plain yogurt or milk  
1 mL salt

### For serving:

4-6 taco shells or about 24-30  
nacho chips  
lettuce leaves  
250 mL grated Cheddar cheese  
125 mL light sour cream

**Yield:** 4 main course servings or  
24-30 appetizer servings

**Preparation Time:** 15 min.

**Cooking Time:** 10 min.

### Equipment:

sharp knife  
cutting board  
small measures  
dry measures  
500 mL microwave-safe measure or  
non-stick frying pan  
medium bowl  
whisk or fork  
1 L microwave-safe measure or bowl  
spoon  
microwave safe dinner plate (to use  
for a cover) or plastic wrap

## CONVENTIONAL

1. Read and understand the recipe.
2. Melt butter in non-stick frying pan on stove using medium heat. Add tomato, green pepper, and green onion; also chilies and cumin, if using. Cook, stirring often until vegetables are soft.
3. Whisk eggs, yogurt or milk, and salt together in a medium bowl. Add to vegetables in frying pan. Continue to cook on medium heat. Stir frequently to allow liquid to reach bottom of pan. Cook for 3-5 min. or until eggs appear cooked. Remove from heat.
4. Line each taco shell or nacho chip with lettuce leaves. Top lettuce with scrambled egg mixture. Serve immediately with grated Cheddar cheese or sour cream or other taco toppings.

## **MICROWAVE**

1. **Read and understand the recipe.**



2. **Melt butter in a 500 mL microwave-safe measure, about 30 sec. on 100% power. Stir in tomato, green pepper, and green onion; also chilies and cumin, if using. Cook on 100% power 1-2 min. or until vegetables are slightly softened. Drain any excess liquid.**



3. **Whisk eggs, yogurt, or milk, and salt in 1 L microwave-safe measure or bowl. Cook at 70% power 3 min. Stir in cooked vegetable mixture. Cook at 70% power 2 min. longer or until eggs are set. Stir. Cover with dinner plate or plastic wrap and let stand 2-3 min. to finish cooking.**

4. **Line each taco shell or nacho chip with lettuce leaves. Top lettuce with scrambled egg mixture. Serve immediately with shredded Cheddar cheese or sour cream or any other taco toppings.**

Adapted from Microwave Egg Classics  
Ontario Egg Producers' Marketing Board.

**Standing time is very important when cooking scrambled eggs in the microwave. At the end of the cooking time eggs should be set but moist on top. Covered, the cooking process will finish-almost like magic!**

## ITALIAN FRITTATA

Omelets are made differently around the world. Canadians often like a puffy omelet where beaten egg whites are folded into the yolk mixture, giving a light, dry omelet. The French like to mix in as little air as possible and then fold the omelet in three to serve. Italians mix the desired filling with the egg mixture, stir until almost firm and then allow the pancake-like mixture to set. Sometimes this frittata is flipped to fully set the top. An easier way is to pop the frittata under the broiler for just 1-2 min.

### Ingredients:

25 mL olive oil or butter  
1 small onion, about 50 mL,  
finely chopped  
250 mL zucchini, diced, unpeeled  
1 clove garlic, minced  
125 mL mushrooms, sliced (optional)  
6 eggs  
125 mL Parmesan cheese, grated  
1 mL salt  
1 mL pepper

**Yield:** 4-6 servings

**Preparation Time:** 15 min.

**Cooking Time:** 10 min.

### Equipment:

sharp knife  
cutting board  
small measures  
22 cm frying pan  
dry measures  
wooden spoon  
whisk or fork  
egg lifter/spatula  
aluminum foil, if handle of frying pan  
is not ovenproof  
pot holders

1. **Read and understand the recipe.**
2. **Preheat broiler in oven while cooking mixture on top of the stove. Place top rack about 10 cm from the broiler.**
3. **Heat oil or butter in frying pan over medium heat. Add onion, zucchini, garlic, and mushrooms to pan. Cook, stirring often with wooden spoon, until onion is just soft. Vegetables should still be a little crunchy.**
4. **Whisk eggs until well blended. Measure out 50 mL of the Parmesan cheese. Set aside for later use. Add remaining Parmesan cheese, salt, and pepper to beaten eggs. Whisk lightly.**
5. **Pour egg mixture over vegetables in frying pan. Cook, lifting mixture with spatula to allow uncooked egg to run to the bottom of the pan. Cook until mixture is just set but still moist, about 5-10 min. Then smooth evenly in the pan. Sprinkle with remaining Parmesan cheese.**
6. **Wrap handle of frying pan with aluminium foil if handle is not ovenproof. This will prevent the handle from burning. Place frying pan under the broiler for 1-2 min. or until frittata is puffed and lightly browned. Use pot holders to remove it from the oven. Cut in wedges to serve immediately.**

## ROAST CHICKEN WITH SAVOURY DRESSING

Revive that great family tradition of roast chicken. Prepare dressing and stuff the roasting chicken just before it is to go into the oven.

### Ingredients:

- 15 mL butter
- 250 mL celery, finely chopped
- 1 small onion, finely chopped
- 750 mL whole wheat bread crumbs, fresh
- 5 mL dried savoury or thyme
- 5 mL dried sage
- 1 large red apple such as Idared, Cortland, or Empire, chopped
- 1 roasting chicken, about 3 kg

**Yield:** about 8 servings

**Preparation Time:** 20-30 min.

**Cooking Time:** About 1.5 hours

Use a meat thermometer. It should register 85°C in the thigh muscle or 75°C in the dressing of stuffed birds. The drumstick should wiggle easily. Meat should be fork tender and juices running clear, free of any pink tinge.

### Equipment:

sharp knife and cutting board  
large frying pan  
wooden spoon  
large bowl  
paper towel  
string or skewers  
roasting pan with rack

1. **Read and understand the recipe.**
2. **Preheat oven to 160°C (325°F).**
3. **Melt butter in frying pan using medium heat. Add celery and onion. Cook just until soft, stirring often.**
4. **Measure bread crumbs into large bowl. Toss in savoury or thyme, sage, and chopped apple.**
5. **Add soft onion and celery. Toss well. Set aside.**
6. **Wash chicken in cold water. Pat dry with paper towel.**
7. **Fill chicken cavity with dressing just before it is to go in the oven. Pack lightly. It will expand upon cooking. Fasten cavity closed with either skewers OR tie chicken so that legs and wings are tight to the body. Place on rack in the roasting pan breast side down to produce a juicier bird.**
8. **Roast for at least 1/2 of the cooking time (45 min.) covered with roasting pan lid. Then, remove lid and continue roasting. Baste or spoon juices, over the bird several times for a golden bird. Check internal temperature.**
9. **Stand for 10-15 min. after cooking to make carving easier. Keep pan covered.**
10. **Remove dressing. Keep warm until serving. Carve chicken.**

## CHICKEN STOCK

Making chicken stock is very easy. It makes for a much better flavor than canned or powdered stock and it's much lower in salt. You can use a leftover roast chicken carcass or any chicken pieces. Backs and necks are very inexpensive. This makes lots, so freeze some for later use in soups or other recipes.

### Ingredients:

- 2-3 kg stewing chicken, cut into parts
- OR**
- 2 kg chicken parts such as necks, backs, wings, giblets
- OR**
- 1 chicken carcass leftover from roasting chicken
- 2 L water\*\*
- 6 whole cloves
- 2 onions (leave the thin light brown skins on to add color to the stock)
- 2 medium sized carrots, scrubbed and cut in large pieces
- 2 celery stalks, cut in large pieces
- 2 bay leaves
- 500 mL fresh parsley or celery leaves
- 5 mL whole peppercorns

**Yield:** 1.25 L to 2 L

**Preparation Time:** 15 min.

**Cooking Time:** 2½ hours

### Equipment:

- cutting board
- sharp knife
- large heavy pot with lid
- liquid measures
- dry measures
- spoon
- slotted spoon
- sieve/colander
- large bowl
- storage containers

1. **Read and understand the recipe.**
2. **Place chicken in a large, heavy pot. Add water to cover chicken parts.**  
\*\*More than 2 L of water may be required.
3. **Cover partially with lid. Bring to simmer (steaming hot but not bubbling).**
4. **Press 3 whole cloves into each onion. Add to stock pot along with remaining vegetables, herbs, and pepper.**
5. **Simmer for 2½ hours or until meat and vegetables have lost all flavor. Cover should be tilted to prevent a rolling boil. Remove foam with a spoon as it floats to the surface.**



6. **Remove large pieces of bone and vegetables with slotted spoon. If using a stewing chicken, some of the meat may still be used. Allow to cool, then carefully remove any meat from bones. Refrigerate or freeze meat to use later in soup.**
7. **Place sieve or colander in a large bowl. Slowly pour stock mixture into sieve or colander.**
8. **Refrigerate stock or place in a sink filled with ice water to cool quickly and then refrigerate. When fat has solidified on the surface of the stock, remove with a slotted spoon. Discard fat. Refrigerate stock to use as needed or freeze in small quantities.**

**Fresh stock should be used within two days.  
Frozen stock can be kept up to two months.**

## CHICKEN NOODLE SOUP

Everybody loves chicken noodle soup. Making your own is so easy to do and good for you, too.

### Ingredients:

2 L chicken stock  
375 mL carrots, diced  
375 mL celery, sliced  
125 mL onion, chopped  
500 mL egg noodles  
2 mL dried thyme  
5 mL Worcestershire sauce  
500 mL cooked chicken, diced  
50 mL fresh parsley, chopped  
OR  
5 mL dried parsley  
125 mL frozen green peas  
salt and pepper, to taste

**Yield:** 6-8 servings

**Preparation Time:** 15 min.

**Cooking Time:** 20 min.

### Equipment:

large saucepan with lid  
liquid measures  
cutting board  
sharp knife  
dry measures  
small measures  
wooden spoon

1. **Read** and understand the recipe.
2. **Pour** stock into large saucepan. Bring to boil.
3. **Add** carrots, celery, and onion. Cover and cook over medium high heat for 5 min.
4. **Add** egg noodles. Cook uncovered for 8-10 min. or until noodles and vegetables are tender. Stir in thyme and Worcestershire sauce.
5. **Add** diced chicken, parsley, and green peas. Cook until heated through.
6. **Taste** and adjust seasoning by adding salt and pepper.
7. **Serve** hot with an assortment of crackers.

## BASIC CREPES

A crepe is a delicate, thin pancake with a French name. Crepes can be folded and served with an endless array of fillings, either sweet or savoury. Delight guests with crepes and your reputation as a cook is made forever.

### Ingredients:

4 eggs  
1 mL salt  
500 mL flour  
500 mL milk  
50 mL melted butter  
  
vegetable oil or spray

**Yield:** approximately 20-24 crepes,  
15 cm in diameter

**Preparation Time:** 5 min., then  
1 hour  
refrigeration

**Cooking Time:** 15 min.

### Equipment:

small measures  
dry measures  
liquid measures  
blender or medium mixing bowl  
rubber spatula  
electric mixer or whisk  
omelet, crepe, or small frying  
pan\*\*  
egg lifter/spatula  
plate  
waxed paper

1. **Read and understand the recipe.**
2. **Place eggs, salt, flour, milk and butter in blender container. Blend 1 min. Stop and scrape down sides. Blend another 30 sec. or until smooth.**

**OR**

**Combine eggs and salt in medium mixing bowl. Gradually add flour alternately with milk, beating with an electric mixer or whisk until smooth. Beat in melted butter.**

3. **Refrigerate batter for at least 1 hour to allow flour to expand and the air bubbles to collapse.**
4. **Oil or spray lightly an omelet, crepe, or frying pan. Heat over moderately high heat until pan is just hot enough to sizzle a drop of water. Pour 25 mL of batter into the pan tilting and rotating the pan to spread batter thinly and evenly over bottom.**



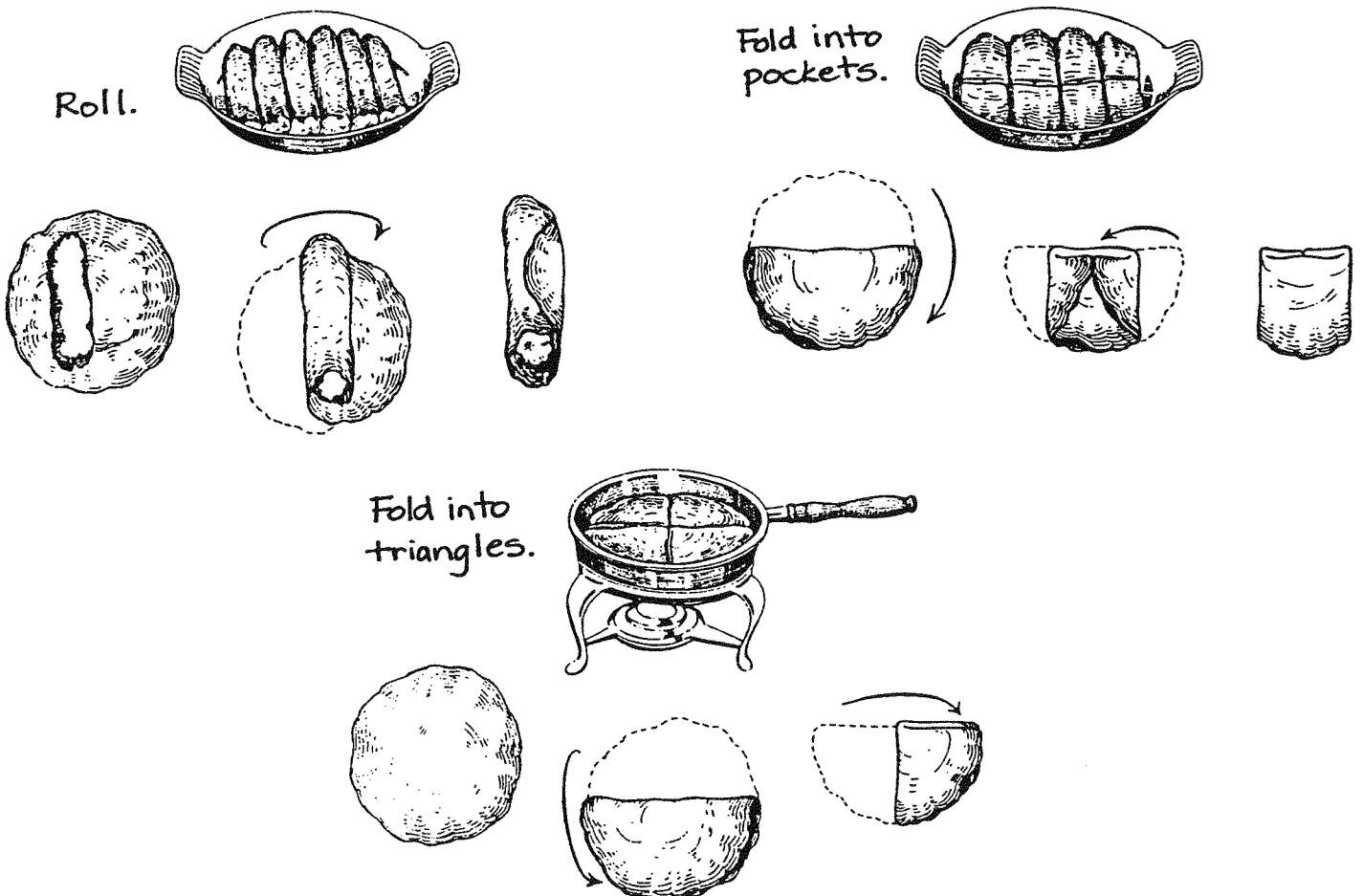
**\*\*An omelet or crepe pan will give nicely rounded crepes. You will have to practice a little if you use a larger pan. Just swirl the batter around as best as you can but be prepared that the edges may not be perfectly rounded.**

5. Cook the crepe until the edges are lightly browned and the top loses its wet look, about 30 sec. Flip to second side with egg lifter. Cook only about 10 sec. Turn crepe out of pan onto a plate.
6. Stack crepes as they are baked with a sheet of waxed paper between each. Keep covered. Refrigerate until used or freeze for future use.

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Much fuss is sometimes made about omelette or crepe pans. It is often recommended that such pans are kept and used for these purposes only. They should never be washed but simply rubbed with a little salt and paper towel, then stored in a brown paper bag in the cupboard. Such pans will not develop hot spots like normal frying pans do over time. But let's be practical. An all purpose skillet or frying pan cleaned with detergents will work just fine for omelets or crepes as long as the eggs or batter can slide easily over the pan's surface.

Eggs-periment with shaping those crepes! You can roll them or fold them or make them into pockets. Try a savoury filling like the creamy chicken recipe or a sweet filling like the luscious lemon. The ideas are endless. One of the easiest dessert ideas is to simply use canned cherry, blueberry, or raspberry filling with a little ice-cream inside. Dab some filling on top, too. Sp-egg-tacular!



## CREAMY CHICKEN AND MUSHROOM FILLING

Tender cooked chicken morsels and sliced mushrooms in a classic white sauce makes this an elegant crepe filling. It's wonderful served over tea biscuits or toast, too.

### Ingredients:

15 mL butter  
50 mL onion (1 small), chopped  
50 mL celery, chopped  
250 mL mushrooms, sliced  
50 mL sweet red pepper, chopped  
(optional)  
50 mL butter  
50 mL all-purpose flour  
2 mL salt  
1 mL pepper  
500 mL milk  
500 mL cooked chicken, cubed

Garnish: chopped celery leaves or  
parsley or green onion tops

**Yield:** Filling for 8 crepes (15 cm in  
diameter)

**Preparation Time:** 30 min.

### Cooking Time:

Filling - 15 min. conventional  
Crepes - 15-20 min. conventional  
Filling - 10-15 min. microwave  
Crepes - 5-7 min. microwave

### Equipment:

small measures  
skillet or 1 L microwave-safe measure  
cutting board  
sharp knife  
dry measures  
liquid measures  
wooden spoon  
slotted spoon  
microwave-safe medium/large  
measure or bowl  
whisk  
spoon  
baking dish or microwave-safe baking  
dish, lightly greased or oiled

### CONVENTIONAL

1. **Read and understand the recipe.**
2. **Melt 15 mL butter in skillet over medium heat. Add onion, celery, mushrooms, and pepper if using. Cook stirring often until just tender. Remove vegetables with slotted spoon. Set aside.**
3. **Add 50 mL butter to skillet. Heat until melted. Stir in flour, salt, and pepper. Heat until bubbling. Whisk in milk. Stir constantly until boiling and thickened.**
4. **Reduce heat. Add vegetable mixture and chicken. Heat through.**

5. **Lay** crepes, side by side on a clean, dry surface. Spoon about 50 mL filling on each crepe. Fold edges of crepe to form a square-shaped pockets (see illustration on page R15). Place filled crepes, side-by-side, seam-side down in lightly greased or oiled baking dish. Pour remaining filling in a line down the center of crepes. May be cooled and then frozen at this point, if desired. Freeze in a single layer.
6. **Bake** in preheated 190°C (375°F) oven 15-20 min. (If cooking from frozen state, increase time 25-30 min.)

### MICROWAVE

1. **Read** and understand the recipe.



2. **Melt** 15 mL butter in microwave-safe measure, about 30 sec., on 100% power. Add onion, celery, mushrooms, and pepper if using. Cook at 100% power for 3 min., stirring once. Drain and set vegetable mixture aside.



3. **Melt** 50 mL butter in microwave-safe medium/large measure or bowl until bubbling, 40 sec. at 100% power. Stir in flour, salt, and pepper. Cook 1 min. at 100% power.



4. **Whisk** in milk. Cook at 100% power for 3-5 min. whisking at least twice during the cooking time. Mixture should come to the boil and be thickened.



5. **Add** vegetable mixture and chicken. Heat 1-2 min. at 100% power.

6. **Lay** crepes, side by side on a clean, dry surface. Spoon about 50 mL filling on each crepe. Fold edges of crepe to form a square-shaped pocket (see illustration on page R15). Place filled crepes, side-by-side, seam-side down in a microwave-safe lightly greased or oiled baking dish. Pour remaining filling in a line down the center of crepes. May be cooled and then frozen at this point, if desired. Freeze in a single layer.



7. **Cover** with plastic wrap. Vent by folding one corner of the plastic back from the edge of the baking dish. Microwave on 50% power for 5-7 min., turning dish once. (If frozen, defrost in microwave for 30 min., then microwave at 100% power for 10-15 min. turning the dish several times while heating.)

**Mushroom Mania.** Look for mushrooms that are free of blemishes or slimy spots. Store unwashed in a paper bag for up to five days in the refrigerator. To prepare, gently wipe with a damp cloth or brush with a soft brush. Slice or serve whole.

## LUSCIOUS LEMON FILLING

Impress your family and friends with these elegant lemon filled crepes. Sprinkle lightly with icing sugar to give a professional finish. Use this filling recipe for pies, too. The quantity fills a 22 cm or 23 cm baked pie shell perfectly.

### Ingredients:

250 mL sugar  
75 mL cornstarch  
375 mL water  
3 egg yolks  
25 mL butter  
75 mL lemon juice (use bottled or juice from 2 lemons)  
10 mL lemon rind, finely grated (optional)  
icing sugar

**Yield:** filling for 8 crepes (15 cm in diameter)

### Preparation Time:

Filling - 10 min.  
Crepes - 10-15 min.

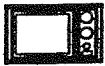
### Cooking Time:

Filling - 8 min.  
Crepes - 3-4 min.

### Equipment:

1 L microwave-safe measure  
dry measures  
small measures  
liquid measures  
whisk  
small bowl  
fork  
microwave-safe baking dish, lightly buttered

1. Read and understand the recipe.



2. Combine sugar and cornstarch in 1 L microwave-safe measure. Gradually whisk in water. Cook using 100% power 4-6 min. stirring every 2 min. until mixture comes to a boil and thickens.



3. Beat egg yolks in a small bowl, using fork. Slowly whisk about 1/3 of the hot mixture into egg yolks. Stir well. Now add this egg/sugar mixture to the hot mixture. Whisk well. Cook at 100% power 1-2 min. until thickened.

4. Whisk in butter, lemon juice, and rind if using.



5. Place about 50 mL lemon filling down the center of crepe. Roll up, jelly roll fashion (see illustration on page R15). Place in lightly buttered microwave-safe baking dish. Cover with plastic wrap. Vent. Cook at 50% power 3-4 min. to heat through.

6. Sprinkle icing sugar lightly over top just before serving.

## CANADIAN COUNTRY PIE

Hearty and healthy, this recipe binds an assortment of vegetables with a whisked egg mixture. It is poured into a crust of frozen hash brown potatoes and topped with Cheddar cheese and bacon. For a change, instead of bacon, try adding 75 mL of cooked, diced ham to the topping ingredients.

### Ingredients:

25 mL butter  
500 mL frozen hash brown potatoes  
2 mL celery salt  
175 mL fresh mushrooms, sliced  
100 mL onion, finely chopped  
100 mL green pepper, chopped  
5 eggs  
125 mL milk  
1 mL pepper  
175 mL Cheddar cheese, shredded  
3 bacon slices, cooked and crumbled

**Yield:** 6 servings

**Preparation Time:** 15-20 min.

**Cooking Time:** 30 min.

### Equipment:

frying pan  
small measures  
dry measures  
wooden spoon  
small egg lifter/spatula  
23 cm pie plate or quiche dish, lightly greased  
sharp knife  
cutting board  
liquid measure  
whisk  
rubber spatula

1. **Read and understand the recipe.**
2. **Preheat oven 160°C (325°F).**
3. **Melt butter in frying pan over medium-high heat. Add hash brown potatoes. Cook, stirring occasionally with wooden spoon, until browned and crusty, about 5 min.**
4. **Sprinkle with celery salt. Mix well. Lift hash browns into lightly greased pie plate or quiche dish. Spread evenly.**
5. **Top hash browns with mushrooms, onion, and green pepper.**
6. **Whisk eggs, milk, and pepper in large liquid measure. Pour over vegetables.**
7. **Bake in preheated oven for 30 min. or until set.**
8. **Add shredded Cheddar cheese during last 5 min. of baking.**
9. **Sprinkle with bacon. Serve immediately.**



## FRUIT SALAD WITH HONEY LIME DRESSING

While this dressing is delicious served over any assortment of fresh or canned fruit, it can also be poured over pieces of cake for a quick and easy dessert.

### Ingredients:

#### Dressing:

3 eggs, well beaten  
125 mL liquid honey  
50 mL lime juice  
250 mL plain yogurt

#### Fruit Salad:

1.5 L canned and/or fresh fruit  
such as  
500 mL sliced peaches,  
drained  
500 mL sliced pears, drained  
250 mL chopped unpeeled  
red apple (about 1 large)  
250 mL green grapes

Garnish: sprig of fresh mint or edible  
flowers such as nasturtium,  
viola, calendula (optional)

**Yield:** about 500 mL of dressing

**Preparation Time:** 15 min.

**Cooking Time:** 15-20 min. on range  
top  
5-6 min. in microwave

**Chilling Time:** 30 min. or longer

### Equipment:

heavy saucepan or large microwave-  
safe bowl  
rubber spatula  
wooden spoon or whisk  
medium bowl  
sharp knife  
cutting board  
serving bowl

1. **Read and understand the recipe.**
2. **Combine** eggs, honey, and lime juice in a heavy saucepan. Cook and stir over low heat until mixture comes to a boil and thickens. Stir constantly. Remove saucepan from heat. Pour mixture into bowl. Cool about 30 min.

**OR**

**Combine** eggs, honey, and lime juice in a large microwave-safe bowl. Cook at 70% power 5-6 min., stirring twice during cooking time. Mixture needs to come to a boil and thicken. Cool about 30 min.

3. **Prepare** fruit salad in a large serving bowl, while mixture is cooling. Cover and chill fruit.
4. **Fold** yogurt into egg, honey, and lime juice mixture. Chill until serving.
5. **Serve** by pouring dressing over fruit either in large serving bowl or individual serving dishes. Garnish, if desired.

When honey is called for in a recipe, first rinse the measure in hot water and then measure the honey. This makes it easy to slide out the honey.

## GOOD OLD PEANUT BUTTER BROWNIES

A delicious treat, made quickly in the microwave!

### Ingredients:

50 mL butter  
50 mL chocolate chips  
75 mL peanut butter  
250 mL brown sugar, lightly packed  
2 eggs  
175 mL flour  
2 mL baking powder  
2 mL vanilla  
125 mL walnuts, chopped (optional)

Peanut Butter Icing (optional)

**Yield:** 16 squares, 20 cm sq. pan

**Preparation Time:** 10 min.

**Cooking Time:** 18 min.

### Equipment:

small measures  
dry measures  
microwave-safe medium bowl  
wooden spoon  
rubber spatula  
20 cm square microwave-safe baking dish, ungreased  
saucer

1. **Read and understand the recipe.**



2. **Measure butter and chocolate chips into microwave-safe medium bowl. Cook at 100% power for 1 min. Check to see if melted by stirring. If not, cook another 5-10 sec.**

3. **Add all remaining ingredients. Stir well until smooth.**

4. **Pour batter into ungreased microwave-safe baking dish. Place dish on up-side-down saucer in microwave oven. This allows for more even cooking.**



5. **Cook on 100% power for 5-7 min. or until set, rotating the dish ¼ turn every 2 min. The brownies will look a little moist on top. Let stand 10 min. to allow cooking to finish.**

6. **Cool thoroughly before icing with Peanut Butter Icing.**

Adapted from a Canadian Egg Marketing Agency recipe.

## PEANUT BUTTER ICING

### Ingredients:

25 mL butter  
15 mL peanut butter  
25 mL milk  
375 mL icing sugar, sifted  
2 mL vanilla

**Yield:** enough to cover 1 pan (20 cm square)

**Preparation Time:** 5-10 min.

**Cooking Time:** 1 min.

### Equipment:

microwave-safe medium bowl  
small measures  
wooden spoon  
dry measures  
sifter  
rubber spatula  
knife

1. Read and understand the recipe.
2. Combine butter, peanut butter, and milk in bowl.
3. Cook in the microwave at 50% power for 1 min., until mixture is bubbling.
4. Add icing sugar and vanilla. Mix until smooth. (Add a few drops of milk if necessary to make the icing easy to spread.) Spread on cooled brownies.



## PARMESAN CHICKEN FINGERS

Chicken fingers have become very popular in restaurants. Make your own and serve with honey for dipping or try the zesty dipping sauce.

### Ingredients:

4 boneless chicken breasts,  
skin removed (about 1 kg)  
125 mL finely crushed cornflakes  
100 mL Parmesan cheese, grated  
10 mL dried parsley  
2 mL garlic powder  
dash pepper  
50 mL milk  
vegetable oil or spray

Honey or Sweet and Sour Dipping  
Sauce

**Yield:** about 32 appetizers or 16 full  
size "fingers"

**Preparation Time:** 10 min.

**Cooking Time:** 12-15 min.

### Equipment:

sharp knife  
cutting board  
2 medium bowls  
spoon  
tongs  
baking tray and rack that fits over  
baking tray, or broiler pan

1. **Read** and understand the recipe.
2. **Preheat** oven 190°C (375°F).
3. **Cut** chicken, crosswise into strips, about 1-2 cm thick. Trim any bits of fat. Try to have the fingers as even in size as possible. If making appetizers, cut strips into two equal pieces. Set aside.
4. **Combine** cornflake crumbs, Parmesan cheese, parsley, garlic powder, and pepper in one bowl. Stir well.
5. **Pour** milk into second bowl.
6. **Spray** or lightly oil rack or broiler pan.
7. **Dip** chicken pieces first in milk, then in crumb mixture. Arrange on rack or broiler pan. Tongs will be helpful in doing this.
8. **Bake** in preheated oven 12-15 min. turning at half time. (Be sure to wash tongs before using to turn chicken pieces.)
9. **Discard** any leftover milk and crumb mixture.
10. **Serve** chicken fingers with honey for a dip or try the Sweet and Sour Dipping Sauce.



## SWEET AND SOUR DIPPING SAUCE

### **Ingredients:**

- 125 mL plum jam or plum sauce  
(available in oriental section  
of grocery store)
- 125 mL chili sauce
- 10 mL soy sauce

**Yield:** 250 mL

**Preparation Time:** 2 min.

**Cooking Time:** 2-3 min.

### **Equipment:**

- small saucepan
- microwave-safe measure
- small measures

### CONVENTIONAL

1. **Read and understand the recipe.**
2. **Combine plum jam or sauce, chili sauce, and soy sauce in small saucepan. Bring to a boil over medium heat, stirring occasionally.**

### MICROWAVE

1. **Read and understand the recipe.**
2. **Combine plum jam or sauce, chili sauce, and soy sauce in microwave-safe measure. Cook in microwave at 100% power for 2-3 min. Cool.**



## CHICKEN, ALMOND, APPLE STIR-FRY

Stir-fry recipes are wonderful meals that combine a small amount of meat, fish, or poultry with lots of vegetables. Extra guests can be easily accommodated by "stretching" the recipe with a few more vegetables. This recipe takes the unusual step of adding fruit. It's colorful and compliments the chicken beautifully.

### Ingredients:

25 mL vegetable oil or chicken stock  
500 g boneless chicken breast,  
skinned, thinly sliced  
1 medium onion, halved,  
thinly sliced  
250 mL carrots, thinly and  
diagonally sliced (2 medium)  
250 mL celery, thinly and diagonally  
sliced (2 large stalks)  
500 mL broccoli flowerets  
50 mL chicken stock  
250 mL apple juice  
30 mL cornstarch  
25 mL soy sauce  
2 mL ground cinnamon  
50 mL whole almonds, toasted\*\*  
1 large red apple such as  
Idared, halved, cored, and  
sliced in wedges

**Yield:** 6 servings

**Preparation Time:** 20 min.

**Cooking Time:** 10 min.

### Equipment:

wok or frying pan with lid  
stir-fry spoon  
cutting board  
sharp knife  
2 small bowls  
dry measures  
liquid measures  
small measures  
spoon

1. **Read and understand the recipe.**
2. **Heat oil or 25 mL chicken stock in wok or frying pan, using medium-high heat.**
3. **Add chicken. Cook, stirring often until chicken loses pink color about 5-8 min. Remove chicken into small bowl and set aside while cooking vegetables.**
4. **Add onion, carrots, and celery to wok or frying pan. Cook and stir about 2-3 min.**
5. **Add broccoli and 50 mL chicken stock. Cover. Cook 4-5 min. or until vegetables are just tender crisp.**
6. **Combine apple juice, cornstarch, soy sauce, and cinnamon in small bowl. Set aside.**

7. **Return** chicken to wok or frying pan with vegetables. Toss together. Add almonds and apple slices. Toss.
8. **Pour** apple juice mixture over chicken mixture. Cook until sauce is thickened, 2-3 min. Serve immediately over rice, pasta, bulgar, or couscous. Couscous is a small, round wheat product and bulgar is cracked wheat.

**\*\*To toast whole almonds, spread on baking sheet. Place in a 180°C (350°F) oven for 10-15 in. until golden. Stir twice while baking.**

**OR**



**\*\*Spread on a microwave-safe plate. Cook in the microwave at 100% power for 3-4 min. stirring once.**

**Be sure to heat oil (or chicken stock, if using instead of oil) in wok or frying pan before adding any food. If food sticks, either the wok or frying pan is not hot enough or you may need a little more oil or chicken stock. If food starts to stick after adding vegetables, add a little water to prevent scorching.**

## CHILI CHICKEN

Ground meat is an easy to use food. Look for ground chicken or ground turkey. Both are becoming very popular and can be used in any recipe calling for ground meat.

### Ingredients:

25 mL vegetable oil  
1 medium onion, chopped  
500 g ground chicken or turkey  
250 mL celery, chopped  
1 540 mL can of tomatoes,  
chopped in chunks  
1 398 mL can of tomato sauce  
10 mL chili powder  
10 mL Worcestershire sauce  
1 398 mL can red kidney  
beans

Garnish: sour cream  
chopped green onion or  
parsley

**Yield:** 6-8 servings

**Preparation Time:** 15 min.

**Cooking Time:** 30 min.

### Equipment:

large deep saucepan or large  
microwave-safe bowl covered with  
waxed paper  
small measures  
cutting board  
sharp knife  
wooden spoon  
dry measures  
can opener  
sieve or colander

### CONVENTIONAL

1. **Read** and understand the recipe.
2. **Heat** vegetable oil in large saucepan using medium heat on range top.
3. **Add** chopped onion. Cook and stir for 2-3 min. or until onion is softened.
4. **Add** ground chicken and celery. Cook until ground chicken is browned, about 8-10 min. If there is any excess fat drain it off.
5. **Add** tomatoes including juice, tomato sauce, chili powder, and Worcestershire sauce to the ground chicken mixture. Simmer for 20 min., stirring occasionally.
6. **Drain** kidney beans in sieve or colander. Rinse under cold running water. Add kidney beans to chicken-tomato mixture. Continue to simmer for 5-10 min. or until beans are heated through.
7. **Serve** in warmed bowls, garnished with sour cream and green onion or parsley, if desired.



## MICROWAVE

Eliminate vegetable oil from the list of ingredients.

1. **Read and understand the recipe.**



2. **Combine ground chicken, onion, and celery in a large microwave-safe bowl. Cover loosely with waxed paper. Cook at 100% power for 6-7 min., stopping microwave twice to stir. Chicken should lose its pink color. If there is any excess fat drain it off.**



3. **Add tomatoes including juice, tomato sauce, chili powder, and Worcestershire sauce to the chicken mixture. Cook at 100% power for 5 min. Stir. Then cook at 30% power for 10-15 min. stopping microwave and stirring twice.**



4. **Drain kidney beans using sieve or colander. Rinse under cold running water. Add to chicken-tomato mixture. Stir. Cook at 100% power for 1 min. Let mixture stand 5 min. before serving.**

5. **Serve as above.**

## CHICKEN CORDON BLEU

An elegant, classic recipe quickly prepared and cooked in the microwave. Serve with a colorful rice pilaf.

### Ingredients:

- 4 boneless chicken breasts,  
skin removed
- 60 mL all-purpose flour
- 2 deli slices Swiss cheese, cut  
in half to give 4 slices
- 2 deli slices Black Forest ham,  
cut in half to give 4 slices
- 1 egg
- 250 mL cornflakes, finely crushed

**Yield:** 4 servings

**Preparation Time:** 15 min.

**Cooking Time:** 8 min.

### Equipment:

- waxed paper
- meat mallet, rolling pin or saucer for  
pounding
- dry measures
- toothpicks or wooden skewers
- small bowls
- whisk or fork
- tongs
- 20 cm microwave-safe pie plate
- sharp knife

1. **Read and understand the recipe.**



2. **Trim** chicken breasts of any bits of fat. Place between sheets of waxed paper. Pound to flatten using meat mallet, rolling pin or edge of saucer. Sprinkle each breast, on each side, lightly with flour.

3. **Place** 1 slice of cheese and 1 slice of ham on each breast.



4. **Roll up** and fasten with toothpicks or wooden skewers.

5. **Break** egg into one small bowl. Beat well.

6. **Place** cornflake crumbs in second bowl.

7. **Dip** each rolled chicken breast first into beaten egg, then into cornflake crumbs. Tongs would help you to do this.

8. **Place** in pie plate. Lightly cover with waxed paper.



9. **Microwave** on 100% power for 6 min. Turn dish at half time. Let stand 2 min. Chicken is done when it looks white when cut, and cheese is melted.

Sizes of chicken breasts do vary. Be prepared to cook a little longer (1-2 min.) if breasts are large.

## MICRO-BARBECUED CHICKEN LEGS

No more burnt offerings! Team the microwave and the barbecue to create juicy, crisp chicken, done to perfection. Marinate chicken overnight. Then, start this dish in the microwave to reduce cooking time and to ensure juiciness. Finish on the barbecue to add crispness.

### Ingredients:

- 1 kg chicken legs with thighs attached
- 50 mL balsamic or red wine vinegar
- 1 156 mL can tomato paste
- 25 mL olive oil
- 50 mL lemon juice
- 25 mL brown sugar
- 2 mL oregano
- 2 cloves garlic, minced
- 5 mL dried basil

**Yield:** 6 servings

**Preparation Time:** 10 min.

**Marinating Time:** 2 hours or overnight

**Cooking Time:** 25 - 30 min.

### Equipment:

- fork
- 2 L microwave-safe dish
- small bowl
- liquid measures
- small measures
- plastic wrap
- microwave-safe plate or baking dish
- waxed paper
- tongs
- pastry brush
- barbecue or broiler
- skewer

1. **Read and understand the recipe.**
2. **Remove skin from chicken. Pierce meat in several places. Arrange chicken in a single layer in the 2 L microwave-safe dish.**
3. **Mix together vinegar, tomato paste, olive oil, lemon juice, brown sugar, oregano, garlic, and basil. Pour over chicken. Cover tightly with plastic wrap. Refrigerate for at least 2 hours or preferably overnight.**
4. **Remove plastic wrap from chicken. Lift chicken out of marinade, shaking off excess marinade. (Marinade is thick.) Place on microwave-safe plate or baking dish with the thickest parts toward the outside of the dish. You may want to do this in two batches. Lightly cover with waxed paper. Cook in the microwave at 100% power for 8-10 min., turning twice. Chicken should be fork tender.**





5. **Finish** cooking on the barbecue. Use medium-hot coals (medium-high on gas-fired grills). Barbecue 5-8 min. for each side.



6. **Heat** marinade in the microwave at 100% power, 3-5 min. or until boiling. Use this marinade to baste chicken while on the barbecue.

7. **Test** for doneness of chicken by piercing with a skewer or the tip of a sharp knife. Juices should run clear.

### ALL BARBECUE METHOD



1. **Follow** steps one, two, and three from above.

2. **Remove** chicken from marinade, shaking off excess marinade. Grill chicken pieces for about 25 min., turning with tongs once.

3. **Heat** marinade to boiling point and use to baste chicken for the last 5-10 min. **only**. (It is the sugar content in basting sauces that causes the charring. Use sauce only at the end of the cooking time, rather than the whole cooking time to reduce the chance of charring.)

4. **Test** chicken for doneness by piercing with a skewer or the tip of a sharp knife. Juices should run clear.

Use tongs for turning chicken pieces. These prevent moisture loss which keeps the chicken juicy. Be sure to thoroughly wash tongs before using them to serve cooked chicken.

## ALASKA BAKED BOUNTY

Ice-cream baked in the oven? Never, you say! Well, yes it can be done. In this recipe a meringue, made with beaten egg whites, acts as a blanket protecting the ice-cream from melting away under the broiler. Be sure to **serve immediately** after the oven time.

### Ingredients:

6 egg whites\*\*  
1 mL cream of tartar  
dash salt  
125 mL sugar  
6 brownie or cake squares,  
about 8 x 8 x 3 cm (3" x 3" x  
1¼") OR use jelly roll slices  
1.5 L ice cream or sherbet

**Yield:** 6 servings

**Preparation Time:** 15 min.

**Cooking Time:** 2-4 min.

### Equipment:

medium glass bowl  
egg separator  
beaters  
small measures  
dry measures  
knife and cutting board  
baking sheet  
ice-cream scoop  
rubber spatula  
egg lifter/spatula

1. **Read and understand the recipe.**
2. **Preheat oven to 240°C (475°F).**
3. **Beat together egg whites, cream of tartar, and salt until soft peaks form.**
4. **Add sugar gradually, 25 mL at a time, until stiff peaks form.**
5. **Place brownie or cake squares on baking sheet. Place scoop of ice-cream on each base, leaving 1 cm (½") margin of cake around.**
6. **Cover top and sides of ice-cream topped base completely with meringue. Be sure that no ice cream or cake is showing. (Can be placed in freezer, at this point uncovered. When frozen, cover to prevent moisture loss. Use within 2-3 weeks.)**
7. **Bake in oven 2-4 min., or until peaks are delicately brown. (If taken from the freezer, baking may take a minute or two more.) Serve at once.**

\*\*See next page for meringue making tips.

### MERINGUE MAKING TIPS

Separate egg whites from yolks by using an egg separator (available in kitchen shops or hardware stores). Do one egg at a time, placing the white in the beater bowl as each is separated. Do not separate directly over the beater bowl. It is critical that absolutely no particle of yolk be with the egg whites. Any little bit will cause the egg whites not to whip.

Use only grease free glass or stainless steel bowls when making meringues. Even a trace amount of fat will affect the meringue.

Room temperature egg whites will be faster to beat and will give a greater volume.

If you have a choice, make meringues on a dry day rather than a humid day.

Be sure oven is preheated. Watch meringue closely to prevent over-browning.

## HOMEMADE COATING MIX

Make this spicy coating mix to have on hand. Simply add 50 mL of the coating mixture to 250 mL breadcrumbs. Dip chicken pieces in an egg-milk bath, then in coating, and bake. Easy as 1-2-3. See the Crispy Baked Chicken recipe which follows.

### Ingredients:

250 mL flour  
5 mL salt  
5 mL celery salt  
5 mL pepper  
15 mL dry mustard  
1 mL oregano  
1 mL thyme  
1 mL basil  
30 mL paprika  
2 mL ginger  
2 mL garlic powder

**Yield:** 250 mL coating mix (enough for 5 recipes of Crispy Baked Chicken)

**Preparation Time:** 15 min.

### Equipment:

dry measures  
small measures  
spoon  
storage container

1. **Read and understand the recipe.**
2. **Prepare coating mix by combining all ingredients. Store in tightly covered container.**

## CRISPY BAKED CHICKEN

Use the Homemade Coating Mix to create a great shake and bake dinner.

### Ingredients:

50 mL Homemade Coating Mix  
250 mL dry breadcrumbs  
1 egg  
50 mL milk  
6 pieces chicken

**Yield:** 6 servings

**Preparation Time:** 10 min.

**Cooking Time:** 35-45 min., depends  
on size of pieces

### Equipment:

2 medium bowls, large enough to dip  
chicken pieces into  
small measures  
dry measures  
spoon  
fork  
tongs  
baking sheet, well-greased or oiled  
skewer

1. **Read** and understand the recipe.
2. **Preheat** oven 180°C (375°F).
3. **Combine** homemade coating mix and breadcrumbs in one bowl. Stir well.
4. **Combine** egg and milk in second bowl. Beat well with fork.
5. **Dip** chicken pieces in egg-milk bath first, using tongs. Then, dip chicken pieces in crumb mixture. Place on well-greased or oiled baking sheet. (Discard any remaining egg-milk bath and crumb mixture.)
6. **Bake** in oven for 35-45 min. depending on the size of chicken pieces. Test by pressing a skewer into pieces to see if any pink flesh is remaining and that the juices run clear.



## WILD WEST WINGS

A real hit for your next party! These are hot and spicy but if you dare, add a little more Tabasco sauce.

### Ingredients:

#### Sauce:

- 125 mL ketchup
- 50 mL water
- 50 mL vinegar
- 25 mL honey
- 50 mL brown sugar
- 5 mL Dijon mustard
- 5 mL Worcestershire sauce
- 5 mL Tabasco sauce (use less for mild wings)
- 1 clove garlic, minced
- 2 mL ground ginger
  
- 1 kg chicken wings (about 20)

**Yield:** 40 appetizers

**Preparation Time:** 20 min.

**Cooking Time:** 40 min.

### Equipment:

- small bowl
- liquid measures
- small measures
- spoon
- sharp knife
- cutting board
- broiler pan or rack on cookie sheet, well-greased or sprayed with oil
- tongs
- pastry brush

1. **Read and understand the recipe.**
2. **Preheat broiler in oven.**
3. **Combine sauce ingredients in a small bowl. Stir well.**
4. **Remove wing tips from chicken wings. Use these to make chicken stock. Cut wings at joint into 2 pieces.**
5. **Place wings on broiler pan or rack on cookie sheet. Set under broiler for 5-7 min. or until a little crispy. Remove from oven and turn chicken wings over, using tongs. Set under the broiler again for 5-7 min. or until the second side is a little crispy. Remove from oven. Reduce heat to 190°C (375°F).**
6. **Brush sauce on wings generously. Return pan to the oven. Bake for about 30 min. turning and brushing with remaining sauce several times throughout the cooking time. Wings should be crispy, yet well glazed with sauce. Serve with lots of napkins.**

Make for easier cleanups by generously spraying or brushing oil on broiler pan or rack first. The sugar in this sauce will cause it to burn easily.

## PATÉ

Paté made with chicken livers is considered a gourmet delight.

### Ingredients:

250 g chicken livers  
15 mL butter  
1 small cooking onion, chopped  
(50 mL)  
1 hard-cooked egg  
25 mL chopped parsley  
25 mL evaporated milk  
1 mL salt  
1 mL dry mustard  
1 mL paprika  
0.5 mL nutmeg

Garnish: parsley or green or red  
pepper star (cut shape with  
small cookie cutter)

**Yield:** about 200 mL pate

**Preparation Time:** 20 min.

**Cooking Time:** 10 min.

### Equipment:

sieve or colander  
paper towel  
skillet or frying pan  
wooden spoon  
cutting board  
sharp knife  
blender or food processor  
small measures  
rubber spatula  
serving crock or small bowl, lightly  
oiled

1. **Read** and understand the recipe.
2. **Rinse** chicken livers with cold water. Remove any fatty little bits. Drain using a sieve or colander and dry on paper towel. Set aside ready to add to skillet or frying pan.
3. **Melt** butter in skillet over medium-low heat. Add chopped onion. Cook and stir until soft. Add livers and cook about 8-10 min. or until cooked through with slight pink color left. Remove from heat and cool a little.
4. **Place** onion and livers in blender or food processor. Add remaining ingredients. Process until quite smooth.
5. **Spoon** into lightly oiled serving crock or small bowl. Garnish with a sprig of parsley or a green or red pepper star, if desired.
6. **Cover** and chill for at least 4 hours in refrigerator.
7. **Garnish** and serve with crackers or melba toast. Best used within 3 days.

Usually chicken livers are packaged in 500 g containers. Freeze remaining livers for another paté or use in your next stir-fry recipe instead of meat pieces.

## DELI CHICKEN SALAD

Sliced roast chicken is considered a good choice when buying deli meats. Use this or left-over cooked chicken to create this colorful pasta salad, perfect for lunch or supper. Serve with whole wheat rolls and milk.

### Ingredients:

2 L water  
375 mL pasta shells, elbow  
macaroni, or other pasta  
500 mL green beans cut in 2.5 cm  
pieces  
125 mL English cucumber cut in  
match sticks  
1 medium carrot, peeled, cut  
in thin coins  
½ red onion, thinly sliced  
1 large tomato, cut in small  
pieces  
2 hard-cooked eggs, sliced  
200 g sliced deli chicken breast  
(6-8 slices), cut crosswise in  
thin strips  
**OR**  
500 mL cold roast chicken, cut in  
small cubes

**Yield:** 6-8 main course servings

**Preparation Time:** 30 min.

**Cooking Time:** 10 min.

### Equipment:

large saucepan  
liquid measures  
small measures  
fork  
sieve or colander  
large bowl  
salad tongs or 2 forks  
small saucepan  
cutting board  
sharp knife  
dry measures  
rubber spatula

### Dressing:

100 mL white or cider vinegar  
5 mL prepared mustard  
1 clove garlic, minced or 2 mL  
garlic powder  
2 mL dried thyme  
2 mL dried oregano  
5 mL sugar  
50 mL vegetable oil

### Garnish:

1 or 2 hard-cooked eggs, cut in  
wedges (optional)

1. **Read and understand the recipe.**
2. **Pour water into large saucepan. Heat to boiling. Add pasta. Cook, uncovered, 8-10 min. While pasta is cooking, prepare dressing.**
3. **Prepare dressing by combining all ingredients in a liquid measure. Stir well with a fork.**

4. **Test** pasta for doneness by removing and tasting one or two shells. It should be firm but have no trace of hardness.
5. **Drain** pasta well using a sieve or colander. Place pasta in large bowl. Immediately, toss in dressing. Cover and refrigerate.
6. **Cook** green beans according to package directions using small saucepan or microwave. Drain. Rinse under cold water. Drain well. Add to bowl with pasta and dressing. Toss well.
7. **Add** cucumber, onion, carrot, tomato, sliced hard-cooked eggs, and chicken to pasta mixture. Toss well.
8. **Refrigerate** until serving time. Garnish, if desired with wedges of hard-cooked egg.