



you can't beat
EGGS
CHRISTMAS BAKING





COCONUT CUSTARD GATEAU

INGREDIENTS ≡

- 100 grams butter, softened
- 100 grams caster sugar
- 2 eggs, lightly beaten
- 1 teaspoon vanilla essence
- 100 grams self-raising flour
- 1 teaspoon baking powder
- 2 cups milk
- 1/2 cup caster sugar
- 1/4 cup flour
- 4-6 egg yolks*
- 1 teaspoon vanilla paste, essence or extract
- 1/4 cup sweet white wine
- 200 grams dried thread coconut



METHOD ≡

CAKE

Preheat the oven to 180°C. Grease and line two, 18cm shallow-sided cake tins, also called sponge tins. Set the oven rack in the centre.

Into a mixer put the butter, sugar, eggs, vanilla, flour and baking powder. Beat gently until all the ingredients are well mixed. Increase the speed and beat for two minutes. When the beaters are lifted, the cake batter should fall softly. If it does not, add 1-2 tablespoons hot water and beat in. I find I often use two tablespoons of water as the size of the eggs I have to hand often differ.

Divide the mixture evenly between the prepared tins and level off.

Bake in the preheated oven for 20-25 minutes or until the cake has shrunk from the sides of the tin, is golden and top and a skewer inserted into the centre comes out clean. Stand in the tin for a few minutes before turning out onto a cake rack to cool, removing the paper lining at the same time.

When cool, drizzle the cakes with an equal amount of the sweet wine. Sandwich the cakes with just under half the custard before placing on a serving plate. Cover the top and sides liberally with the custard. Scatter the coconut evenly over the cake top and sides. Refrigerate for 2 hours to allow the custard to firm, and the cake to soften, though remove from the refrigerator 15 minutes before serving. Delicious served with poached rhubarb.

CUSTARD

Heat the milk to scalding point. Work the sugar, flour, egg yolks and vanillas together in a jug or bowl to make a thick paste. Gradually stir in about 1/2 cup of the hot milk and when smooth, return to the saucepan of hot milk. Use a whisk and cook over a moderate heat until the crème patisserie is thick. Set aside, covered with a piece of plastic wrap to cool. At this point the custard can be refrigerated for 2-3 days.

*TIP: Egg Yolks: You can use four size 7 egg yolks... for a richer custard use six yolks.

Recipe Credit: Allyson Gofton



MERINGUES

INGREDIENTS ≡

- 4 egg whites
- 1/2 teaspoon cream of tartar
- 1 cup sugar
- 1 teaspoon vanilla essence



METHOD ≡

Preheat the oven to 125°C.

In a clean deep bowl, beat the egg whites and cream of tartar to a stiff foam.

Gradually beat in the sugar and continue to beat until the mixture is smooth and glossy and stands up in peaks. Beat in the vanilla.

Place in spoonfuls on a lightly greased oven tray.

Bake in the preheated oven for 1 hour - or until set and dry.

Remove from the baking tray and store in an air-tight container at room temperature, or in the freezer.

Serve with whipped cream.

Eggs are packed full of natural vitamins and minerals so essential for maintaining good health for all ages, and natural protein to keep you fuller longer.

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CHOCOLATE ROULADE

INGREDIENTS ≡

- 6 eggs
- 175 g sugar
- 175 g dark chocolate



METHOD ≡

Line a Swiss roll tin (approx 33 cm x 23 cm) with non-stick baking paper.

Melt the chocolate in a double boiler - place a small pan with a little water in it on the element to heat.

Put a heat proof bowl over the top not touching the water, and break the chocolate into the bowl. The chocolate will melt gently. If chocolate overheats it 'seizes,' becoming stiff and granular, and is ruined.

Separate the eggs ensuring absolutely no yolk makes it into the whites or they won't whip up properly.

Beat the yolks and sugar until pale and fluffy then wash the beaters in hot soapy water before beating the whites.

Beat the whites until stiff.

Stir the melted chocolate into the yolk mixture then fold in the whites.

Spread the mixture into the prepared pan and bake at 180°C for 30 minutes.

Turn onto a clean tea towel and gently peel off the baking paper.

Roll the roulade up gently in the tea towel from the short side, and leave to cool.

To assemble the roulade, gently unroll (expect a few cracks), spread with cream and scatter on berries or cherries.

Re-roll then slide onto a platter and dust with icing sugar.

Keep refrigerated until needed.

Recipe Credit: Sophie Gray



PAVLOVA

INGREDIENTS ≡

- 4 egg whites
- 250g caster sugar
- 1 teaspoon vanilla essence
- 1 teaspoon white vinegar
- 2 teaspoons cornflour
- 500 ml Fresh Cream - for whipping, and to serve
- Fresh Strawberries (or other fruit) - to serve
- Icing sugar - to serve



METHOD ≡

Preheat the oven to 150°C.

Mark a 23cm circle on a baking paper sheet and place on an oven tray.

Place the egg whites in a bowl and whisk until stiff peaks form.

Gradually add the sugar, beating continuously until the mixture is smooth and glossy and stands up in peaks.

Beat in the vanilla, vinegar and cornflour.

Spoon or pipe the mixture onto the circle.

Bake in the preheated oven for 60 - 75 minutes or until lightly golden and hard to touch and marshmallowy in the centre.

Turn off the heat and leave the pavlova in the oven until the oven is cold.

Decorate with freshly whipped cream and chopped fresh fruit - strawberries, passionfruit, blueberries or kiwifruit are always a favourite!

Leave in the fridge for 4-6 hrs and serve.

TIP

Substitute the cream topping with greek style honey sweetened yoghurt for a healthier option. Beat 375ml of yoghurt until smooth then place dollops on top of the pavlova as you would use the whipped cream.

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FUDGEY BROWNIES

INGREDIENTS ≡

- 160 g (1 ¼ cups) all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- 170g butter or margarine
- 90g (¾ cup) unsweetened cocoa powder
- 200g (1 cup) packed brown sugar
- 250g (1 cup) sugar
- 4 eggs
- 2 tsp (10 ml) vanilla extract
- 1 cup chopped walnuts
- Baking Spray
- Ingredients (Icing)
- 2 tbsp butter or margarine
- 25 g (¼ cup) unsweetened cocoa powder
- 1/2 tsp vanilla extract
- 250g (2 cups) sifted icing sugar
- 60 ml (¼ cup) Trim milk



METHOD ≡

Preheat oven to 180°C/350°F.

Combine flour, baking powder and salt in medium bowl; set aside.

Melt butter in large saucepan over low heat; remove from heat. Stir in cocoa. Beat in brown sugar, sugar, eggs and vanilla. Stir in dry ingredients and walnuts.

Spray 23 cm square pan with Baking Spray. Spread batter in pan.

Bake in preheated 180°C/350°F oven for 40 minutes. Do not over bake.

Cool completely before icing.

Instructions (Fudgey Icing)

Melt butter over low heat in medium saucepan. Remove from heat.

Stir in cocoa and vanilla. Stir in icing sugar and milk until smooth and of spreading consistency. Spread icing over top of cooled brownie.

Cut into squares for serving.

Recipe Credit: Egg Farmers of Canada

TIP

Using Baking Spray in your everyday baking and cooking can help you keep the flavour, and reduce fat intake. In this delicious recipe, by spraying the pan for one second with Baking Spray instead of using 2 tsp of butter - it eliminates 7 grams of fat.

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CHOCOLATE MINI PAVLOVAS

INGREDIENTS ≡

- 4 egg whites
- 240g caster sugar
- 2 teaspoons white vinegar
- 2 tablespoons cocoa



METHOD ≡

Preheat the oven to 150°C fan-bake setting.

Line a tray with non-stick baking paper then set aside.

In a large clean bowl, whip the egg whites until they form peaks.

While continuing to whip, gradually rain in the 240g caster sugar.

Then whip a further 8 - 10 minutes until all the sugar granules have dissolved.

Add the white vinegar then fold in with a metal spoon very gently until combined.

Sift the cocoa over whipped whites.

Without stirring, place spoonfuls of pavlova mix onto the baking tray.

Place in the oven for 5 minutes.

Turn the heat down to 100°C and cook a further 30 minutes.

Remove from the oven and leave to cool to room temperature.

Recipe Credit: Genevieve Knights



LEMON CURD

INGREDIENTS ≡

- 100 g Butter cut into small cubes
- 3 med Lemons – zest and juice
- 180 g Caster sugar
- 3 Eggs whisked with a fork



METHOD ≡

Place a bowl over simmering water in a pot. Ensure the bowl is not touching the water. To the bowl add the lemon zest and lemon juice, butter cubes, sugar and eggs. Slowly stir the mix until butter is melted and sugar has completely dissolved. Keep stirring occasionally until the mixture thickens – around 20 minutes. Pour into pre sterilised jars and seal for storage or use immediately. Refrigerate after opening. Serve on warm toasted bagels or toast, use as a spread on sandwiches or fill mini tartlet cases topped with fruit.



BLACKBERRY ETON MESS

INGREDIENTS ≡

- 500 g Fresh Blackberries
- 40 g Caster sugar
- ½ Lemon (juiced)
- 50 ml cold water
- 280 ml full cream
- For the Meringues
- 4 Large egg whites
- 225 g Caster sugar

TIP

To save time you can substitute store bought meringues and crumble them up.



METHOD ≡

FOR THE MERINGUES

Preheat oven to 150°C (300°F), and line a large baking sheet with baking paper. Whisk the egg whites in a large bowl using electric beaters or a hand whisk until they form soft peaks. They are whisked enough when you can turn the bowl upside down without them sliding out.

Next, add the sugar, a tablespoon at a time, whisking well between each tablespoon until it is all incorporated. The meringue mix should look really thick and glossy.

Drop 12 large spoonfuls of the meringue on to the baking sheet, spacing well apart. Place in the oven, reduce the temperature to 130°C (250°F) and bake for 1_ hours until the meringues are crisp.

Turn off the oven and leave them to cool with the door shut.

For the Blackberry purée: Place 200g of blackberries in a small pan with the caster sugar, lemon juice and cold water. Bring to the boil, then reduce the heat and leave to simmer gently for about 10 minutes until they are very soft, stirring occasionally. Remove from the heat and purée using a stick blender until smooth. Leave to cool.

TO ASSEMBLE THE ETON MESS

Very softly whip the cream until it is just holding its own.

Roughly break up six meringues into a large bowl; avoid the temptation of crushing them too hard or too much. Keep the pieces quite large, not dusty or small.

Add the cream and blackberries.

Fold loosely together using a large spoon, then finish by adding the blackberry sauce over the top. Serve in a bowl for people to help themselves - or as individual servings in stemless wine glasses or parfait cups.



CANADIAN FRUIT CAKE

INGREDIENTS

- 1 cup (150g) finely chopped blanched almonds, divided
- 3 cups (360g) all-purpose flour
- 1 ½ tsp baking powder
- ¾ tsp nutmeg
- ½ tsp salt
- ¼ tsp ground cloves
- 240g butter, softened
- 1 ¼ cups (250g) white sugar
- 6 eggs - Size 7
- 1 cup (150g) golden raisins
- ¾ cup (110g) currants
- ¾ cup (110g) quartered red candied cherries
- ¾ cup (110g) chopped candied pineapple
- 1 ½ cups (180g) whole blanched almonds
- 2 tbsp white sugar
- 2 tbsp water

METHOD

Preheat oven to 150°C (300°F).

Generously spray a 25 cm tube cake tin with cooking spray (or grease lightly with butter). Sprinkle sides with 2 tbsp of the finely chopped almonds.

Combine flour, baking powder, nutmeg, salt and cloves in medium bowl; stir well then set aside.

Beat butter and sugar in large bowl with electric mixer until well blended. Beat in eggs, one at a

time (batter will look slightly curdled). Gradually add dry ingredients; mix well. Fold in

chopped almonds, raisins, currants, cherries and pineapple.

Pour batter into prepared pan. Smooth surface, then arrange whole almonds on top.

Bake in preheated 150°C (300°F) oven for 1 hour and 15 minutes.

Near end of baking time, combine sugar and water in small saucepan. Simmer over medium heat for 1 minute. Remove cake from oven and brush the top with the sugar syrup glaze.

Cool the cake in the tin for 15 minutes. Remove cake from tin and cool completely on a wire rack.

Recipe and Image Credit: Egg Farmers of Canada

TIP

Once the fruit cake is completely cooled, wrap it in a double thickness of aluminium foil and store in a cool, dry place or in the refrigerator for up to 1 month.

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PAVLOVA LAYER CAKE

INGREDIENTS ≡

- 4 large egg whites
- 1 cup caster sugar
- 1 tablespoon cornflour
- 2 teaspoon white vinegar
- 1 x large kiwifruit, peeled and sliced thinly and halved
- 1 x 250g punnet strawberries, hulled and quartered
- 2 x 120g punnet raspberries
- 350ml cream
- Small mint leaves to garnish



METHOD ≡

Preheat oven 150°C and line 2 baking trays with baking paper. Draw two 25cm diameter circles on each piece of baking paper.

Place egg whites into the bowl of an electric mixer and beat on medium high speed until stiff peaks form. Gradually add sugar 1 tablespoon at a time, until sugar dissolves and the mixture is thick and glossy.

Divide mixture evenly between trays and spread with the back of a spoon until an even thickness.

Bake in the oven for 40 minutes, swapping trays half way, and baked until crisp and dry. Turn heat off and leave in the oven with door ajar for 1 hour or until completely cooled.

Combine berries and mix well. Beat cream with electric beaters to firm peaks.

Place one of the meringue discs onto serving plate and spread with a third of the cream. Scatter over a third of the berries and place remaining meringue on top. Spoon remaining cream and pile on berries and kiwi fruit.

Garnish with mint leaves and serve immediately.

Recipe Credit: Australian Egg Farmers



TIRAMISU

INGREDIENTS ≡

- 4 eggs, separated
- ½ cup caster sugar
- 500g mascarpone
- ¾ cup strong black coffee
- ¾ cup Marsala wine
- ½ pack (250g) sponge fingers
- Cocoa for dusting
- ½ punnet strawberries, washed and green part removed
- ½ punnet raspberries, washed
- ½ punnet blueberries, washed

METHOD ≡

Place saucepan half filled with water onto the stove and bring to a simmer.

Combine egg yolks and sugar in a heatproof bowl, sit the bowl on top of the saucepan and whisk until fluffy.

Add 1/3 cup Marsala wine, continue to whisk until the mixture forms a ribbon (about ten minutes).

Remove the bowl, and set aside to cool.

Gently fold the mascarpone into the cooled egg mixture.

In a separate bowl, whisk the egg whites into soft peaks and gently fold through the egg and mascarpone mixture.

Place coffee and remaining Marsala into a bowl. Briefly dip the biscuits into the coffee mix and lay them into a trifle dish, then layer with the mascarpone mix. Top with another layer of soaked biscuit and so on, finishing with a layer of mascarpone mix.

Refrigerate for at least two hours, or overnight.

Before serving, dust with cocoa powder and garnish with fresh berries.

Recipe Credit: Australian Egg Farmers



EGG NOG

INGREDIENTS ≡

- 4 Size 7 eggs - separated*
- 65g sugar
- 500ml milk
- 250ml cream
- 100ml Liquor to your taste e.g.; bourbon, rum or brandy
- 1 teaspoon freshly grated nutmeg
- 4 egg whites*
- Grated nutmeg and cinnamon to serve



METHOD ≡

FOR AN 'UN-COOKED' EGGNOG

In the bowl of a stand mixer, beat the egg yolks until they lighten in colour. Gradually add the 65g of sugar and continue to beat until it is completely dissolved. Add the milk, cream, liquor and nutmeg and stir to combine.

Add the 4 egg whites into another mixer bowl and beat them until soft peaks appear. With the mixer running gradually add the 1 tablespoon of sugar and beat until stiff peaks form.

Whisk the egg whites back into the yolks mixture in the other bowl.

Chill in the fridge for 60-90 mins and serve with a sprinkle of nutmeg and cinnamon on the top.

Ice cubes can be added if you are in a warm climate.

For extra festive effect insert a cinnamon stick to use as a swizzle stick.

FOR A 'COOKED' EGGNOG

In the bowl of a stand mixer, beat the egg yolks until they lighten in colour. Gradually add the 65g of sugar and continue to beat until it is completely dissolved. Set aside.

In a medium saucepan, over high heat combine milk, cream and nutmeg and bring just to the boil, stirring occasionally to avoid burning.

Remove pan from the heat and gradually pour the hot mixture back into the egg and sugar mixture combining gently with a whisk. Return everything back to the saucepan and heat until the mixture reaches 70 deg C, or just off boiling point.

Remove from heat, stir in the liquor, and then pour into a large bowl or jug, and put in the refrigerator to cool.

In a medium mixing bowl, beat the egg whites to soft peaks, with the mixer running gradually add the 1 tablespoon of sugar and beat until stiff peaks form.

Whisk the egg whites into the chilled mixture and serve in glasses or mugs. Sprinkle grated nutmeg on top to serve.



≡ AT LEAST HALF A DOZEN REASONS WHY YOU CAN'T BEAT EGGS ≡

Eggs are packed full of goodness providing high quality natural protein and over 11 vitamins and minerals. You can eat up to six eggs a week as part of a healthy, balanced diet – they are an “egg-ceptional” go-to breakfast favourite. Here are six more reasons why “you can’t beat eggs”!

PROTEIN

Did you know eggs have 6 grams of high-quality protein? And did you know a protein-packed breakfast helps sustain mental and physical energy throughout the day? That’s good news, especially if you’re a body-building chess champion.

ZERO CARBS, NO SUGAR

Eggs contain zero carbs and no sugar. That means you can eat a well-rounded breakfast during the week without feeling round yourself.

VITAMINS AND MINERALS

Eggs are packed with over 11 different essential vitamins and minerals. Seems like a lot but remember – they ARE essential.

ANTIOXIDANTS

Eggs contain both lutein and zeaxanthin, the weirdly named antioxidants which help maintain healthy eyesight.

NO GLUTEN? NO PROBLEM

Let’s not forget that eggs are naturally gluten-free. Always have been, always will be. And that’s awesome because there isn’t exactly a glut of gluten-free breakfast options.

FOOD FOR THOUGHT

Eggs don’t come with a complicated, jam-packed ingredient list because they only contain one ingredient. It’s called “eggs.” And eggs are the least expensive source of high-quality protein.