

# Cooking with Eggs



Eggs are an amazing food, and local eggs are even better!

- *Better for you!* Eggs from hens raised on pasture are more nutrient dense than typical supermarket eggs. They contain less cholesterol, less saturated fat, and are higher in vitamin A, omega-3 fatty acids, vitamin E, vitamin D, and beta carotene.
- *Better taste!* Chickens that eat a diverse, high quality diet that includes grains, grass, vegetable scraps, and insects produce amazingly delicious eggs with rich, deep orange yolks.
- *Better for chickens!* Supermarket egg labels can be confusing. Even 'cage-free' for example doesn't mean chickens aren't living in cramped, unhealthy conditions. At the farmers' market, you can speak directly to the farmers about how they raise their chickens.
- *Better for our environment!* Rather than creating a waste management problem like their industrial counterparts, chickens on small farms in our region are part of a healthy, sustainable system, helping to enrich soil fertility and control pests and weeds.

Local eggs are in abundance in the springtime, as chickens respond to long daylight hours with increased production. Stock up on eggs at the farmers' market, and try some new recipes. Remember, eggs are great for any meal of the day!

## Farmer's Breakfast Eggs

Recipe source: [www.bangordailynews.com](http://www.bangordailynews.com)

Your choice of breakfast meat: sausage, ham, or bacon  
Cooked potatoes  
Onions  
Eggs  
Cheese, grated  
Optional add-ins: peppers, garlic, mushrooms  
Salt and pepper to taste

Cook the breakfast meat on a shallow frying pan. Drain off excess fat, and add the potatoes, onions, optional add-ins, and cook until the potatoes are browned and onions are softened. Beat the eggs in a separate bowl and pour over the ingredients on the fry pan. Add salt and pepper. Allow the eggs to cook and thicken, turn once, and when they are firm, top with the grated cheese. Run under a broiler briefly if you wish.



**EAT LOCAL ALL YEAR LONG**  
**Seacoast Eat Local**  
[www.seacoateatlocal.org](http://www.seacoateatlocal.org)

Funding provided by  
**Farm Credit**  
Northeast AgEnhancement

NORTHEAST  
**SARE**  
Sustainable Agriculture  
Research & Education

## Fried Eggs over Sautéed Kale & Charred Shallots

Recipe source: adapted from [www.thegoudalife.tumblr.com](http://www.thegoudalife.tumblr.com)

Olive oil  
4 cloves garlic, minced  
4 large handfuls (around 8 cups) curly kale  
6 large shallots, sliced in half & peeled  
4 eggs  
salt and pepper

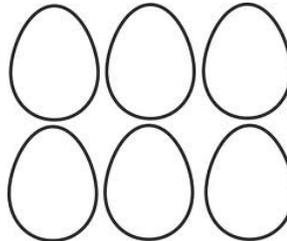


1. Clean and dry the kale and chop into bite-sized pieces. Heat a good few glugs of olive oil in a large pot over med-high heat. When hot, add the garlic and cook for 30 seconds. Add the kale and a pinch or two of salt. Toss until cooked through, about 5 minutes. It should be green and still a touch crunchy. Taste for seasoning and remove from heat.
2. While kale cooks, heat a skillet (dry) over high heat until hot-hot! Add the shallots, cut side down, and let them cook until blackened on the bottom, 5-6 minutes. Turn shallots and remove from heat.
3. In another skillet (or the same, just remove the shallots and wipe it off) over med-high heat, add a thin layer of olive oil and let it get hot. Crack the eggs into the pan (they should immediately sizzle and sputter) and cover it lightly with a plate or pot-lid. Let cook until whites are set but yolks are runny, 3 minutes.
4. Pile the kale onto plates and top with shallots and fried egg. Sprinkle with some flaky salt and fresh ground pepper.

## Curried Egg Salad

Recipe source: adapted from [www.101cookbooks.com](http://www.101cookbooks.com)

5 eggs  
1 1/2 teaspoons curry powder  
3 tablespoons plain yogurt  
2 big pinches of salt  
1/2 small onion, chopped  
1/2 medium apple, chopped  
1/4 cup pecans, toasted and chopped  
1 small bunch of chives, minced



1. Place the eggs in a pot and cover with cold water by a 1/2-inch or so. Bring to a gentle boil. Now turn off the heat, cover, and let sit for ten minutes. Have a big bowl of ice water ready and when the eggs are done cooking and place them in the ice bath for three minutes or so - long enough to stop the cooking.
2. While the eggs are boiling and cooling, combine the yogurt, curry powder and salt in a tiny bowl. Set aside.
3. Crack and peel each egg, and place in a medium mixing bowl. Add the curried yogurt, onions, apple, pecans, and chives. Now mash with a fork. Don't overdo it, you want the egg mixture to have some texture. If you need to add a bit more plain yogurt to moisten up the mixture a bit, go for it a bit at a time. taste and add more salt if needed. Enjoy as-is, or served wrapped in lettuce or between two slices of good, toasted bread.