

Welcome to the Saskatchewan Egg Producers Egg-Zine;

A source for nutritional information, meal preparation ideas, egg facts and lots and lots of recipes.

This issue brings scary shortbread, spicy pumpkin treats & a word puzzle for little goblins.

Saskatchewan Egg Producers Newsletter Volume 2 issue 2

Bring food out of its shell



Beautiful Eggs!

Creepy Witch's Fingers



Photography by Dan Couto

Hens with white feathers produce white shelled eggs.
Hens with brown or red coloured feathers produce brown shelled eggs.
Shell colour does not impact quality, nutrients, flavour or cooking.

A delicious short bread cookie decorated to look creepy.... but so yummy.

Ingredients:

1 cup (250 mL) butter, softened
1 cup (250 mL) icing sugar
1 egg
1 tsp (5 mL) almond extract
1 tsp (5 mL) vanilla
2-3/4 cups (675 mL) all-purpose flour
1 tsp (5 mL) baking powder
1 tsp (5 mL) salt
3/4 cup (175 mL) whole blanched almonds
1 tube (19 g) red decorator gel (blood for fingers)

Method:

In bowl, beat together butter, sugar, egg, almond extract and vanilla; beat in flour, baking powder and salt.

Working with one quarter of the dough at a time and keeping remaining dough refrigerated, roll heaping teaspoonful (5 mL) of dough into finger shape for each cookie.

Press almond firmly into one end for nail. Squeeze in centre to create knuckle shape; using paring knife, make slashes in several places to form knuckle.

Place on lightly greased baking sheets;

bake in 325°F (160°C) oven for 20 to 25 minutes or until pale golden. Let cool for 3 minutes.

Lift up almond; squeeze red decorator gel onto nail bed and press almond back into place, so gel oozes out from underneath.

Remove from baking sheets; let cool on racks.

Repeat with remaining dough.

Servings: 60



Recipe Credit: canadianliving.com



Did you know....a hen requires 24-26 hours to produce an egg. 30 minutes later, she starts all over again.

Eggs yolks are one of the few foods that naturally contain vitamin D.

Vegetarian?

Eggs can be an important source of complete protein for vegetarians. One egg = 1 ounce of lean meat, fish or poultry.

Yolk
of the
day

Why did the egg cross the street?
To get to the shell station!

What do ghosts serve for dessert?
Ice cream!

What do you call a skeleton who won't work?
Lazy bones!

Pumpkin Raisin Muffins

Nutritious, healthy & taste great.

Ingredients:

1 cup Fresh or Canned Pumpkin
3 1/2 cups Flour
1 cup Sugar
2 Eggs
1 1/4 cup 2% Milk
1/4 cup Soft Butter or margarine
1 cup Raisins
4 teaspoons Baking Powder
1/2 teaspoon Cinnamon
1/2 teaspoon Nutmeg
1/2 teaspoon Salt

Method:

Preheat oven to 400 degrees.
Put muffin cups into muffin tins or grease the tins.
Cream butter (or margarine) and sugar until fluffy.
Beat in pumpkin and eggs.
Dredge raisins in 1/2 cup of flour.
Sift remaining flour and spices together.
Pour milk into a mixing bowl. Mix in dry ingredients by hand until just mixed.

Stir in raisins. Spoon mix into paper cups in muffin tin.
Bake at 400 degrees for 20 - 25 minutes.
Serve pumpkin raisin muffins warm or cool.
(Servings: Two Dozen)



Pecan Pumpkin Pie:

Ingredients:

3 eggs
1 cup canned pumpkin
1/3 cup sugar
1 tsp pumpkin pie spice
(or 1 tsp cinnamon, 1/4 tsp ginger,
1/4 teaspoon cloves and 1/4 tsp nutmeg)
2/3 cup corn syrup (light)
1/2 cup sugar
3 tbsp melted butter
1/2 tsp vanilla
1 cup pecan halves (or chopped)
1 unbaked, nine-inch pie shell.

Slightly beat one egg and stir in pumpkin, sugar and pie spice to make a pumpkin mixture. Spread over bottom of pie shell. Combine two eggs, corn syrup, one-half cup sugar, butter and vanilla. Stir in the pecans. Spoon over pumpkin mixture. Bake at 350 degrees F. for 50 minutes or until set. Serve with whipped cream.



The Saskatchewan Egg Producers



We welcome your input. Please send ideas, comments or favourite recipes to info@saskegg.ca

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Shell Thickness:

As the hen ages, egg size increases. The same amount of shell material which covers a smaller egg must be 'stretched' to cover a larger one, hence the shell is thinner.

Halloween Fun Word Search

bat	pumpkin
black	scare
broom	skeleton
cat	spider
costumes	spirits
ghosts	spooky
halloween	vampire
hoot	witch
monster	
moon	
mummy	
night	
owl	



g	h	o	s	t	s	b	a	t	n	t
b	o	l	h	s	p	o	o	k	y	p
v	o	b	a	w	i	t	c	h	o	u
a	t	l	l	b	r	o	o	m	w	m
m	q	a	l	n	i	g	h	t	l	p
p	j	c	o	s	t	u	m	e	s	k
i	n	k	w	a	s	c	a	t	p	i
r	s	k	e	l	e	t	o	n	i	n
e	j	e	e	m	u	m	m	y	d	f
i	m	o	n	s	t	e	r	q	e	v
m	o	o	n	o	e	s	c	a	r	e

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